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†Age-Related Eye Disease Study 2 Research Group. Lutein + zeaxanthin and omega-3 fatty acids for age-related macular degeneration: the Age-Related Eye Disease Study 2 (AREDS2) randomized clinical trial. JAMA. 2013 May 15;309(19):2005-15. National Eye Institute website: http://www.nei.nih.gov/areds2/Accessed October 2013 @Bausch & Lomb Incorporated @7M are trademarks of Bausch & Lomb Incorporated or its affiliates. AREDS2 is a registered trademark of the United States Department of Health and Human Services (HHS). US/PV2/14/0030b.







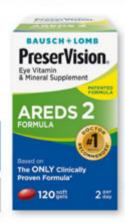


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PROHEALTH

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^{**}Dietary acids can cause enamel erosion by softening and thinning enamel leaving teeth less white, weaker and sensitive.

^{***}P&G calculation based on Nielsen U.S. reported xAOC unit sales for year ending week of 11.22.2014.

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BY Marygrace Taylor;

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2015 Sneaker Guide

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She helped save a very unusual car company. Now she and countless others will benefit.



On our cover:

Photograph by James Farrell; wardrobe styling by Ana Carolina Gonzalez; hair and makeup styling by Virginia Le Fay



The Skechers GOwalk 3 is made with our latest high-rebound comfort innovation, Goga Mat* Technology. Adaptive Go Pillars* underfoot create the softest ride you could ever imagine.

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Inside Information

FUN. SMART THINGS WE ALL LEARNED THIS MONTH— AND HOW TO **ACT ON THEM** RIGHT NOW



BRUCE KELLEY

-ROM TOP: MITCH MANDEL. ROBYNMAC/GETTY AARTYN SHORTEN

The One Food Never to Keep in View

I'm powerless. Whenever my son reaches into the cupboard for his AM cereal—and then, being a teenager, abandons the box on the counter forever-my reaction is as mindless as his sloppiness: I reach in to grab a handful of Whatever-Os. That's only human, but now we hear (and have reported on Prevention.com) about a new study by Brian Wansink of Cornell University Food and Brand Lab. He found that anyone who shares my Pavlovian response to cereal weighs an average of 21 pounds more than those who don't. TRY THIS NOW: Give away your son to the circus (JK). Or at least reestablish the house rule: When finished with the cereal, put it away. Please.

Keep Calm and **Buy Shoes-**

Specifically, a new pair of workout sneaks that have withstood the slings and arrows of the Runner's World Shoe Lab in Portland, OR. This MythBusterstype operation leads the world in taking the guesswork out of your annual shoe purchase. One of the many tests involves repeatedly

dropping a disk weighing 18.7 pounds—the average weight of the lower leg - on every pair evaluated. TRY THIS NOW: Flip to

p. 74 for the first sneaker guide we've published that piggybacks on Runner's World's lab work.







Bold New Thinking

about Your Monkey Mind

For a lot of people, anxiety—that nonstop mental loop of possible bad endings—is here to stay. I think of actress **Emma Stone**, recounting her struggle against "the box of rats going around in my head." I know those pests personally and am aware that they can be managed with cognitive training or drugs. But this month I read with great hope about the work of Elizabeth Gould, a Princeton neuro-

scientist and pioneering researcher on the adaptability of the brain (also the topic of our Alzheimer's story on p. 100). Her research indicates that when mice and rats grow neurons as a result of their habits and experiences, these rodents can alter the anxiety-producing architecture of their brains.

TRY THIS NOW: We've all heard the antianxiety mantras: Meditate. Exercise. Keep a worry journal. Now, based on this research, imagine doing so not just to briefly relieve the "monkey chatter" (another eloquent Stoneism) but also to permanently grow and rewire your brain so the chatter disappears for good. Very motivating.



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CHANGING THE DNA OF CANCER CARE



Hard-Earned Balance

Health is a delicate equation. Subtract sleep, add stress, multiply by a few sugar binges, and just like that, you are reeling. Stefanie Neal, pictured here, makes it look easy, but she struggled to find any wellness equilibrium. Her daughter's birth spurred her to try to eat more healthfully, but it didn't take long for dogmatic dieting to leave her sapped. In time, she focused on nourishing herself with whole foods, practicing yoga, and creating a unique clean-recipe app. None of it was a breeze, but she eventually found harmony. In other words, what put her in this position—and landed her in "Best Clean Food on the Web" on p. 94—was hard work. Isn't that how it always goes?







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Nutrition

Weight Loss Hacks • Smoothie Solutions



The Tasty Fat That Fights Cholesterol

s if you needed another reason to whip up some guac: A new study in the Journal of the American Heart Association revealed that people on a moderatefat diet who ate an avocado a day lowered LDL ("bad") cholesterol by 10% - much more than those on a low-fat or moderate-fat diet without avocado. Researchers credit the fruit's sky-high amounts of monounsaturated fat. More dip, please.

ONE-WORD ANSWER

Do I need to pay attention to a food's glycemic index?

Unless you have diabetes, knowing the GI, or how much a food raises blood sugar, isn't super useful. Experts have already pointed out flaws in the scale, which ranks M&M's lower than a potato. Now the results of a new IAMA study further confirm the problem after scientists found a low-GI diet did nothing for people's insulin sensitivity, cholesterol, or blood pressure. What did? A 5-week low-carb diet, regardless of GI.

.195 second

That's how long it takes for you to think about whether that chocolate cake is healthy after your first thought, which is always about taste, according to a study in Psychological Science. Researchers say you can overcome your natural gimme impulse by waiting a second longer to weigh the pros and cons of that cake before throwing it down the hatch.

FROM LEFT: BARBARA BONISOLLI/STOCKFOOD. STACEY NEWMAN/GETTY IMAGES



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Find BOOST® in the Nutrition Aisle.

108 Blood-Pressure-Blasting Smoothies

A slew of new research suggests that foods rich in anthocyanin antioxidants, dietary nitrates, potassium, and probiotics can significantly lower blood pressure. How to get all those nutrients in a single shot? With a smoothie, of course. Pick an ingredient* from each category and get blending.

ANTHOCYANINS



½ c frozen wild blueberries



½ c frozen bing cherries



½ c frozen strawberries



1 c hibiscus tea

NITRATES



1 c arugula



1 c baby spinach



½ c rhubarb. diced



1 c beetroot juice

POTASSIUM



1 ripe banana



1/2 ripe avocado



1/2 c mashed sweet potato



1 c coconut water

PROBIOTICS



1/2 c 2% Greek vogurt



½ c cultured 2% cottage cheese



4 oz tempeh, cooked and sliced



1 c kombucha

nitrates | 'nī-trāts

Natural chemicals in produce that lower blood clot and stroke risk, according to two new studies. Bacteria in our mouths convert nitrates to nitrites, which are then turned into nitric oxide, a molecule that increases blood flow. Note: Natural nitrates aren't the same as synthetic ones, in processed meats, which may be carcinogenic.

^{*}Choose one liquid – but only one – per smoothie.

Sweet raisins and tart cranberries.

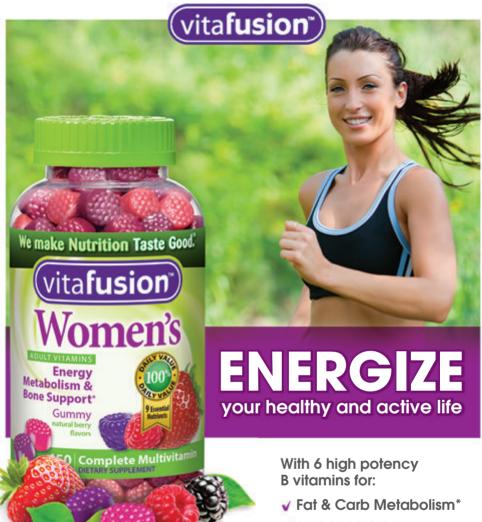
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Health

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Your Brain on the Dictionary

strong vocabulary may be your ticket to sidestepping dementia, says a new study from researchers in Spain. After a series of tests on 326 adults over age 50, researchers found a greater prevalence of mild cognitive impairment (a common precursor to dementia that's also linked to Alzheimer's disease) among participants with less-developed mental word banks. An ample vocab is an indication of robust cognitive reserves,

a surplus of neurons that help the brain compensate for memory lapses. Shoring up your mental thesaurus now can yield dividends down the road, says lead study author Cristina Lojo Seoane of the Universidad de Santiago de Compostela. Short of boring yourself to tears with a dictionary, tackle a crossword puzzle or take on a tome like your brain depends on it. For more on building a more resilient brain, turn to p. 100.



How to Be Happier in Your Relationship: Date Other People

A s in, double-date them. When researchers grouped together pairs of couples and had them ask each other personal questions (for example: What's your greatest accomplishment?), the participants reported feeling more passionately in love with their own partners after the 45-minute conversations. Since there's no Match .com for friend foursomes, consider seeking a datable couple the oldfashioned way: Find an event you and your mate share interest in (a running club, volunteering, etc.) and actually go this time. Spot another pair, work up your nerve, and make the first move. "Come here often?" line not required. Sources: UC Boulder; Wayne State University



L600%

Increase in the chemical bisphenol A in volunteers' urine after they drank soy milk from cans lined with BPA (most cans are). The subjects' blood pressure also jumped 5 points, on average, possibly due to BPA's hormone-mimicking properties. Pick fresh foods and beverages or those packed in glass containers instead.

Source: Hypertension

ILLUSTRATION BY DIETER BRAUN. PHOTOGRAPH BY STUDIOCASPER/GETTY IMAGES





MorningStar

Curious how every meal made with plant-based protein instead of meat is good for you and the world? Find out more at MorningStarFarms.com and take the Veg of Allegiance. #VegAllegiance



JUSE WHAT THE WORLD ORDERED

Health • Touchy-Feely Cold Fix



A Hug a Dav...

The latest immunity advice is awfully counterintuitive: Get closer to your germy fellow humans. When researchers exposed willing participants to a common cold virus, those who received daily hugs were far less likely to develop symptoms than those who were seldom squeezed, reports a new study published in Psychological Science. The companionship and touch of a hug lower stress levels, which in turn protects against colds, says study coauthor Sheldon Cohen, a psychologist and stress expert at Carnegie Mellon University.











It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease:**

- **▶** Dryness/itching
- **▶** Burning/stinging
- Feeling like something is in your eye
- ► Sensitivity to light
- **▶** Blurry vision
- Problems wearing contact lenses
- ► Watering eyes

Chronic Dry Eye can affect your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.

TAKE ACTION NOW

- SCHEDULE a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
- → GO TO mydryeyes.com, TAKE a brief questionnaire eye doctors use to assess Chronic Dry Eye, and SHOW the results to your eye doctor.



The Killer That's **Tripled for Women**

Strokes aren't just an old-person problem: The rate among women in their mid-30s to 50s is on a steep climb. Within all age groups, strokes cause 1 in 19 US deaths. Six simple ways to lower your risk:

Making the changes below can cut your stroke rick in half

The amount of walking at a brisk clip (too out of breath to sing a favorite tune but able to chat with a friend) that can decrease stroke risk by 37%

1HR/WK

That's how much to do if you prefer hardcore sweat sessions. High-intensity interval training lowered postmenopausal women's risk by 40%.

7HR/NIGHT

Ideal goal for nightly sleep. Getting 10 or more hours per night is linked to a 63% increase in risk. If you find you need that much, go to the doctor.

3 to 9 Weekly number of drinks linked with an 11% lower stroke risk, compared with fewer or more drinks

GRAM

Increase in daily protein intake (particularly from fish sources) that could reduce your risk by 26%

GRAMS

Amount of additional fiber per day that lowered stroke risk by 7% among people who weren't meeting their recommended intake

Sources: Stroke; Neurology; American Journal of Physiology - Regulatory, Integrative and Comparative Physiology

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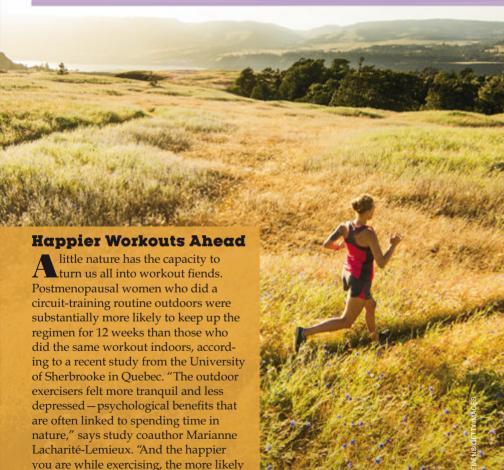
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Source: Menopause

you are to stick with it."

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The **Best Moves** for Strong, Sculpted Shoulders

Feel sleek in a tank top—and reduce your risk of rotator cuff tears—with these absolutely simple, lab-proven moves.



1. Rear Lateral Raise

SCULPTS: Back of shoulders HOW TO: Bend forward at hips, holding 5- to 8-pound weights and arms extended down as shown. Without moving torso, raise arms out to sides, then return to starting position. Do 3 sets of 12 reps.

2. Single-Arm Row*

SCULPTS: Sides of shoulders HOW TO: Start in staggered stance as shown, holding one 5- to 8-pound weight in right hand. Raise weight to chest, then return to starting position. Do 3 sets of 12 reps on both sides.



3. Dumbbell Shoulder Press

SCULPTS: Front of shoulders HOW TO: Bend elbows and hold 5- to 8-pound weights just above shoulders. Extend arms straight up, then return to starting position. Do 3 sets of 12 reps. *Modified for at-home exercisers



ONE-WORD ANSWER

Is Running Bad for My Knees?

It might actually protect your joints, as long as you're at a healthy weight. Runners were found to be less likely than nonrunners to develop knee osteoarthritis and chronic knee pain. If pounding pavement gives you pain that changes how you move, though, put runs on hold until you've strengthened muscles around the knee (ah, squats!).



The Awesome Way Strength Training Makes You Smarter

ore evidence that your brain gets stronger right along with your body: Study participants who did weight training 3 times a week for 24 weeks significantly improved their concentration skills and memory, compared with those who stuck with stretching exercises. Researchers believe that resistance training enhances blood flow to the brain and increases levels of the protein IGF-1, a growth factor that protects and promotes the survival of brain neurons. Now, what to do with all those extra minutes you'll gain from not looking for your phone? Source: Medicine & Science in Sports & Exercise



43

How much lower the risk of the neurological nightmare known as Parkinson's disease was among study participants who got more than 6 hours of moderate exercise a week. Anything that raises your heart rate counts—walking the dog, taking stairs, doing chores. Source: Brain





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A published clinical study of osteoarthritis sufferers, shows that users of **JointFlex**® **pain relieving cream** experience immediate pain relief that continued to improve throughout the 8-week study*. What's more, for one-third of the subjects, arthritis pain was completely eliminated by the end of the study.

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Troubleshoot Your Plank

Planks are ridiculously effective. The problem, though, is that they're hard as heck to master. Cut pain and fast-track results with these tweaks.

The problem: Your lower back feels pinched.

The fix: Engage your abs and tuck your tailbone under by tilting your hip points toward your chin. If it still hurts: Put basic science to work and drop to your forearms. Getting closer to the floor decreases gravity's stress on your body.

The problem: Your neck hurts.

The fix: Hold a tennis ball between your chin and clavicle to help you avoid overflexing your neck. If it still hurts: Raise your plank by placing your hands on a bench or counter to reduce the stress on neck muscles.

Sources: Sean De Wispelaere of Thrive Functional Training; Jonathan Ross, author of Abs Revealed

The problem:

You don't feel the ab workout.

The fix: Exhale through pursed lips, as though blowing out candles, and imagine you're pulling your hands and feet toward each other. If you still don't feel it: Rock your torso forward and back, or alternately lift your legs for 5 to 10 seconds.

The problem: Your wrists ache.

The fix: Press your palms into the mat and slide your shoulder blades down your back to alleviate pressure.

If it still hurts: Hold on to hand weights—that'll keep wrists straight.

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Beauty

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Mission: A Makeunder

pring cleaning isn't just for closets. Research shows that most people prefer the look of a nearly bare face to that of a done-up one. Try paring down your routine to these subtle solutions: Accentuate eyes without dramatic dark shadow by brushing a bronzer like E.L.F. Pressed Mineral Bronzer (\$5) along the evelid crease, avoid drawn-on brows by trading your pencil for a tinted brow gel like Tarte Colored Clay Tinted Brow Gel (\$21), and finish with a rose-tinted balm such as L'Oréal Paris Colour Riche Glossy Balm (\$8) and creamy Clinique Cheek Pop (\$21) for a flush more natural than matte lipsticks and cakey powders provide.

Source: Michelle Radow, Los Angeles-based makeup artist

> Clinique Cheek Pop

L'Oréal Paris Colour Riche Glossy Balm

PREVENTION.COM • APRIL 2015 39

Pressed Mineral

Bronzer

ILLUSTRATION BY DIETER BRAUN. PHOTOGRAPHS, FROM TOP: 145/PANDO HALL/CORBIS IMAGES. ADA SUMMER/CORBIS IMAGES. MARK LEIBOWITZ/TRUNK ARCHIVE

Your Hair but Younger

Adding some youthful energy to your do goes a long way toward gorgeous. These smart ideas take just a few minutes each.



A Tousled Crop

Why It Works: A slightly shaggy finish gives short hair a modern. vouthful vibe.

Get the Look: Boost roots with volumizing mousse, blow-dry, then use a ½-inch curling iron to bend ends under.



A Low Chignon

Why It Works: This style shows off the collarbone and neck for subtle sex appeal. Get the Look: Gather hair at the nape of your neck and loosely twist into a low bun; secure with bobby pins.



A High Ponytail

Why It Works: It gives skin a gentle upward lift and emphasizes the eyes rather than jowls. Get the Look: Tease hair at the crown and secure 1 to 2 inches above eye level, leaving out a few face-framing pieces.

Sources: Whitney Bowe, MD, New York City dermatologist; Rodney Cutler, owner of Cutler Salon in New York City; Mario Russo, owner and lead stylist of Salon Mario Russo in Boston



It's Coming from Inside the House!

Dust mites, microscopic critters found in your carpets and fabrics, carry allergens that can worsen atopic dermatitis, a common skin issue that causes dry, itchy patches on the neck. face. elbows. and knees, according to a new Journal of Investigative Dermatology study.

LONG-TERM FIX: Steamclean or wash fabrics, upholstery, and rugs in hot water (130° to 140°F) to kill mites. FOR RIGHT NOW: Baby your upset skin with short, lukewarm showers; a fragrancefree cleanser; and gentle moisturizer on face and body.

Source: Rebecca Tung, MD, associate professor of dermatology at Loyola University Medical Center, Maywood, IL



"Instant" Anti-Agers

(That Actually Work)

Touted as short-term alternatives to fillers and face-lifts, at-home gadgets can seem too good to be true. Prevention staffers put three to the test.

NuFace Mini **Facial Toning Device (\$199)**

THE CLAIM: Microcurrents stimulate muscles for a tighter, more lifted look, THE VERDICT: "I did one side of my face: it looked tighter for 24 hours." -Jess C.

Georgia Louise Lift + Sculpt Butterfly **Stone (\$45)**

THE CLAIM: This massage aid drains puffiness and

smooths lines. THE VERDICT: "It

got rid of puffiness but didn't minimize my wrinkles." -Sara L.

Kathy Ireland Skincare by ReVive **Light Therapy** Essentials (\$70) THE CLAIM: The LFD

lights trigger collagen and elastin

production. temporarily filling fine lines and wrinkles.

THE VERDICT:

"After I hovered the device over each of my smile lines for 3 minutes, they were actually less noticeable! Surprising, but I swear it's true." -Sarah T.

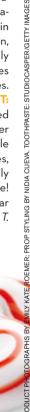


ONE-WORD ANSWER

Is tooth soap better than regular toothpaste?

Tooth soap has botanical oils and extracts that may freshen breath but lacks tooth-strengthening fluoride (which is what makes paste effective). You'd do just as well scrubbing away plaque with water alone.

Source: Kimberly Harms, DDS, American Dental Association consumer advisor spokesperson



As your body changes, so does your skin.



If you've noticed that your lotion doesn't work like it used to, it may be a sign that your skin has changed.

Switch to AmLactin[®] for smoother, softer, healthy-looking skin.



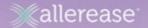




📢 💟 🕟 amlactin.com



Sunburn Alert: This product contains an alpha-hydroxy acid (AHA) that may increase your skin's sensitivity to sunburn. 110133.01 © 2015 Upsher-Smith Laboratories, Inc., Maple Grove, MN 55369



ALLERGEN PROTECTION YOU CAN SEE.



Over time, excess amounts of dirt, dust mites, pet dander and other household allergens can collect in your mattress. AllerEase protectors **block 99% of dust and other household allergens** by fully encasing your mattress or pillow, then zipping closed. Protect the allergy sufferers in your home with AllerEase!



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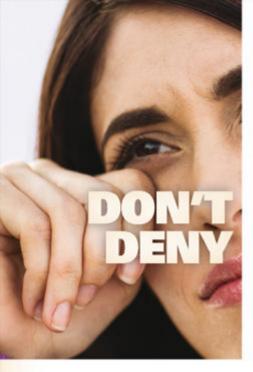
Researchers found that women tend to apply potent anti-agers unevenly and skip areas that show age most, like the skin around the mouth. The labtested process:

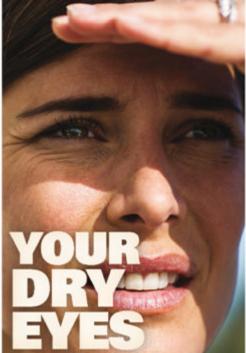
- USE ONE FINGER TO DAB A DOT of antiager on each of the 11 facial points at right.
- MASSAGE THE PRODUCT INTO THE SKIN at each point and the surrounding area, using circular motions for even absorption.
- SPEND 30 TO 50 SECONDS in each area to be as thorough as possible.

Source: International Journal of Cosmetic Science

Cream(s) of the Crop

New, staff-tested youth boosters to optimize with the improved technique above: Vichy LiftActiv Supreme Day Cream (\$42) plumped and hydrated so well, it (almost) made up for lost sleep. StriVectin Intensive Illuminating Serum (\$89) lightened dark spots in 1 week. Weleda Evening Primrose Age Revitalizing Night Cream (\$40) improved fine lines and dark circles so well that it won compliments.





It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease:**

▶ Dryness/itching

▶ Burning/stinging

- ► Sensitivity to light
- ► Blurry vision
- Problems wearing contact lenses

► Feeling like something is in your eye

Watering eyes

Chronic Dry Eye can limit your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.





TAKE ACTION NOW

- SCHEDULE a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
- GO TO mydryeyes.com, TAKE a brief questionnaire eye doctors use to assess Chronic Dry Eye, and SHOW the results to your eye doctor.









There's nothing funny about minerals causing gastrointestinal problems.

Albion® chelated minerals are up to 6 times easier to absorb.

No one likes feeling crampy and bloated after taking mineral supplements. GI distress can be minimized with Albion chelated minerals. Clinical studies have shown that Albion's organic chelates are more effective and absorbed up to 6 times more than inorganic, non-chelated forms. For minerals that are gentle, safe, and effective, look for Albion on the label.



Building a Better Mineral™

www.AlbionNutritionalFacts.com

*These statements have not been evaluated by the Food and Drug Administration This product is not intended to diagnose, treat, cure, or prevent any disease.



Look for the Albion Gold Medallion on labels of these companies using Albion chelated minerals in their formulations













Spring Salads • Paleo Problems • Protein Picks



Coming Soon: Gluten-Free Wheat?

luten-free bread is almost never as soft or satisfying as the original. But that could soon change: Gluten-free bread made from wheat (yes, wheat!) is set to hit grocery stores in Italy this summer. How's that possible? Scientists at the University of Bari exposed wheat to Lactobacillus bacteria and fungi, both of which digest gluten

proteins in flour during sourdough fermentation. The result: hydrolyzed wheat flour, which contains just 12 parts per million of gluten, a level the FDA considers safe for those with celiac disease. More studies are needed before the bread makes its US debut: consider it extra time for those Italians to master the gluten-free pizza.

DINNER TONIGHT

Simple Spring Salads

Now that the chill is mostly gone, grab your tote, head to the farmers' market (or backyard garden), and make the most of the season's early bounty with these seasonal salads. All serve 4.

Parsley, Mint, Lemon, and Oyinoa

In large bowl, whisk 3 Tbsp olive oil, 2 Tbsp lemon iuice, 1 tsp mustard, 1 minced clove garlic, and 1/2 tsp each salt and pepper. Add 3 cups cooked quinoa, 1 pt halved grape tomatoes, 1 diced cucumber. 1/2 diced red onion, and 1/2 cup each chopped parsley and mint. Toss and top with grilled chicken.

Cabbage, Tofu, and Ginger

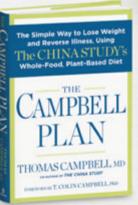
In large bowl, whisk 2 Tbsp each safflower oil and rice vinegar. 1 Tbsp each less-sodium soy sauce and peanut butter, 2 tsp dark sesame oil, and 11/2 tsp grated fresh ginger. Add 1 sm head shredded savoy cabbage, 1 cup trimmed snap peas, 1 pkg (6 oz) baked and chopped tofu, 2 grated carrots, 1 sliced red bell pepper, and 3 chopped scallions. Toss and top with chopped roasted peanuts.

Spinach, Grapefruit, Avocado, and Salmon

Peel 1 grapefruit. Into large bowl, slice grapefruit segments, retaining juice. Add 1 pkg (5 oz) baby spinach, 1 diced avocado, and 1/2 sliced red onion. Drizzle with 2 Tbsp olive oil. Toss and top with smoked salmon. PHOTOGRAPH BY EMILY KATE ROEMER; FOOD STYLING BY HEATHER MELDROM; PROP STYLING BY NIDIA CUEVA

WHOLE FOODS FOR A WHOLE LIFETIME OF HEALTH





The groundbreaking, influential bestseller The China Study explained why a plant-based, whole-food diet is linked to lower rates of obesity and chronic disease. Now, The China Study co-author Thomas Campbell, MD, shows you how to make the transition—and enjoy the journey with a 2-week whole-food, plant-based diet plan. Featuring 55 delicious recipes and answers to the most frequently asked nutrition questions, The Campbell Plan makes healthy eating easy and sustainable for your entire family.

On sale now wherever books and e-books are sold











eatclean

Is the Paleo Diet a Fiction?

probably. A new study in the Quarterly Review of Biology suggests that the popular nutritional approach may be seriously flawed. The diet, heavy in meat, nuts, and veggies and devoid of legumes, dairy, and grains, is based on the idea that it's healthier to eat only what "cavemen" in the Paleolithic

era ate. But Still curious researchers about Paleo? now say For more pros and cons and how to the diet aet the most out of the diet, visit prevention.com/ paleo.

likely doesn't reflect what our ancient ancestors were actually consuming. Scientists point out that the Paleolithic era spanned a few million years, and current technology can give us only an incomplete picture of what people ate then. What we do know is that Paleo-era humans weren't picky, meaning they definitely weren't stopping to consider a food's fiber content or make sure that 35% of their calories were from protein, as many Paleo dieters do.



This divisive farmers' market drink is either a superfood or a supergood way to get sick, depending on whom you ask. Often derived from organic, grass-fed dairy but never pasteurized, raw milk can contain pathogens like E. coli. Recently, the CDC announced that the number of raw-milk-related outbreaks is rising: About 1,000 people fell ill between 2007 and 2012. While the CDC is anti-raw, some experts are torn. Family doc Daniel Kalb says that the good bacteria in raw milk "can be healthy for the gut and help immune function." Others, like nutritionist Kelly Morrow, say drinking it is "like playing Russian roulette." But most agree: Children, pregnant women, and the immunocompromised should avoid it. Find out if it's right for you at prevention.com/raw-milk-explainer.



NEW!



TOOTHPASTE HAS **EVOLVED**

UPGRADE TO HD FOR LESS AT WALMART

DAILY 2-STEP SYSTEM



6X HEALTHIER MOUTH'& WHITER TEETH' IN 1 WEEK



What's the Best Protein Powder for You?

DILEMMA: Your smoothie calls for a scoop of protein. but you have no idea which powder to pick. SOLUTION: Follow the arrows below to find the option that's best for you and your body.

Are you lactose intolerant or cutting out dairy for any reason? No worries, you've still got options! Are you a vegan? NO Do you have a history of estrogen-Are you on the Paleo diet, receptor positive cancer-or, if or do you have trouble you're a man, low T? digesting legumes? **VES** NO **VES** Do you eat a lot of Are you on a tight budget and unable to shell packaged foods? out a little extra for higher-quality protein? NO YES NO **PEA BLEND** SOY **EGG WHITE** WHEY Most absorbable Best-absorbed Best soy-free veg-**Best dairy-free**

protein. Choose

organic when

budget allows.

protein ever. Opt

for organic, grass-

fed when possible.

an pick. Mix with

hemp or rice for a

complete protein.

plant protein.

Look for organic if

vou avoid GMOs.

Picture A Healthy Future

Brain Health and Beyond

Naturally support short term memory and energy generating mitochondria

Superior Antioxidant

PQQ is a superior antioxidant known to combat damaging free radicals

Get more from CoQ10

Studies suggest PQQ and CoO10 are a match made to be taken together!



Find BioPQQ in these fine Brands:











*These statements have not been evaluated by the Food and Drug administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Brief Summary of Medication Guide Enbrel® (en-brel) (etanercept)

Read the Medication Guide that comes with Enbrel before you start using it and each time you get a refill. There may be new information. The Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using Enbrel.

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker that affects your immune system.

What is the most important information I should know about Enbrel?

Enbrel may cause serious side effects, including:

 Risk of Infection Risk of Cancer

1. Risk of infection

Enbrel can lower the ability of your immune system to fight infections. Some people have serious infections while taking Enbrel. These infections include tuberculosis (TB), and infections caused by viruses, fungi, or bacteria that spread throughout their body. Some people have died from these infections.

- Your doctor should test you for TB before starting Enbrel.
- . Your doctor should monitor you closely for symptoms of TB during treatment with Enbrel even if you tested negative for TB.
- . Your doctor should check you for symptoms of any type of infection before, during, and after your treatment with Enbrel.

You should not start taking Enbrel if you have any kind of infection unless your doctor says it is okay.

2. Risk of cancer

- . There have been cases of unusual cancers in children and teenage patients who started using TNF-blocking agents at less than 18 years of age.
- · For children, teenagers, and adults taking TNF-blocker medicines, including Enbrel, the chances of getting lymphoma or other cancers may increase.
- People with rheumatoid arthritis or psoriasis, especially those with very active disease, may be more likely to get lymphoma.

Before starting Enbrel, be sure to talk to your doctor:

Enbrel may not be right for you, Before starting Enbrel, tell your doctor about all of your medical conditions, including:

Infections - tell your doctor if you:

- have an infection. (See "What is the most important information I should know about Enbrel?")
- · are being treated for an infection.
- · think you have an infection.
- have symptoms of an infection such as fever, sweats or chills, cough or flu-like symptoms, shortness of breath, blood in your phleam, weight loss, muscle aches, warm, red or painful areas on your skin, sores on your body, diarrhea or stomach pain, burning when you urinate or urinating more often than normal, and feel very tired.
- · have any open cuts on your body.
- · get a lot of infections or have infections that keep coming back.
- . have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB.
- · were born in, lived in, or traveled to countries where there is a risk for getting TB. Ask your doctor if you are not sure.

- live, have lived in, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use Enbrel. Ask your doctor if you do not know if you live or have lived in an area where these infections are common.
- have or have had hepatitis B.

Also, BEFORE starting Enbrel, tell your doctor:

- About all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements including:
 - Orencia® (abatacept) or Kineret® (anakinra). You have a higher chance for serious infections when taking Enbrel with Orencia® or Kineret®.
 - Cyclophosphamide (Cytoxan®). You may have a higher chance for getting certain cancers when taking Enbrel with cyclophosphamide.
- Anti-diabetic Medicines. If you have diabetes and are taking medication to control your diabetes, your doctor may decide you need less anti-diabetic medicine while taking Enbrel.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine. Ask your doctor if you are not sure if your medicine is one listed above.

Other important medical information you should tell your doctor BEFORE starting Enbrel, includes if you:

- have or had a nervous system problem such as multiple sclerosis or Guillain-Barré syndrome.
- · have or had heart failure
- · are scheduled to have surgery.
- have recently received or are scheduled to receive a vaccine.
 - · All vaccines should be brought up-to-date before starting Enbrel.
- People taking Enbrel should not receive live vaccines.
- · Ask your doctor if you are not sure if you received a live vaccine.
- · are allergic to rubber or latex.
- The needle covers on the single-use prefilled syringes and the needle covers within the needle caps on the single-use prefilled SureClick® autoinjectors contain dry natural rubber.
- · have been around someone with varicella zoster (chicken pox).
- are pregnant or plan to become pregnant. It is not known if Enbrel will harm your unborn baby. If you took Enbrel during pregnancy, talk to your doctor prior to administration of live vaccines to your infant.
- If you become pregnant while taking Enbrel, you are encouraged to enroll in Amgen's Pregnancy Surveillance Program. You can enroll by calling 1-800-77-AMGEN (1-800-772-6436).
- are breastfeeding or plan to breastfeed. Enbrel can pass into breast milk. You and your doctor should decide if you will take Enbrel or breastfeed. You should not do both.
 - If you choose to breastfeed while taking Enbrel, you are encouraged to enroll in Amgen's Lactation Surveillance Program. You can enroll by calling 1-800-77-AMGEN (1-800-772-6436).

See the section "What are the possible side effects of Enbrel?" below for more information.

What is Enbrel?

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker.

Enbrel is used to treat:

- moderately to severely active rheumatoid arthritis (RA). Enbrel can be used alone or with a medicine called methotrexate.
- psoriatic arthritis. Enbrel can be used alone or with methotrexate.
- ankylosing spondylitis (AS).
- chronic moderate to severe plaque psoriasis in adults ages 18 years and older who are candidates for systemic therapy or phototherapy.
- · moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.

You may continue to use other medicines that help treat your condition while taking Enbrel, such as nonsteroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

Enbrel can help reduce joint damage and the signs and symptoms of the above mentioned diseases. People with these diseases have too much of a protein called tumor necrosis factor (TNF), which is made by your immune system. Enbrel can reduce the effect of TNF in the body and block the damage that too much TNF can cause, but it can also lower the ability of your immune system to fight infections. See "What is the most important information I should know about Enbrel?" and "What are the possible side effects of Enbrel?"

Who should not use Enbrel?

Do not use Enbrel if you:

. have an infection that has spread through your body (sepsis).

How should I use Enbrel?

- Enbrel is given as an injection under the skin (subcutaneous or SC).
- If your doctor decides that you or a caregiver can give the injections of Enbrel
 at home, you or your caregiver should receive training on the right way to
 prepare and inject Enbrel. Do not try to inject Enbrel until you have been
 shown the right way by your doctor or nurse.
- Enbrel is available in the forms listed below. Your doctor will prescribe the type that is best for you.
- · Single-use Prefilled Syringe
- Single-use Prefilled SureClick® Autoinjector
- Multiple-use Vial
- See the detailed "Instructions for Use" with the Medication Guide for instructions about the right way to store, prepare, and give your Enbrel injections at home.
- Your doctor will tell you how often you should use Enbrel. Do not miss any
 doses of Enbrel. If you forget to use Enbrel, inject your dose as soon as you
 remember. Then, take your next dose at your regular(ly) scheduled time. In
 case you are not sure when to inject Enbrel, call your doctor or pharmacist.
 Do not use Enbrel more often than as directed by your doctor.
- Your child's dose of Enbrel depends on his or her weight. Your child's doctor
 will tell you which form of Enbrel to use and how much to give your child.

What are the possible side effects of Enbrel?

See "What is the most important information I should know about Enbrel?" Enbrel can cause serious side effects, including:

- Infections. Enbrel can make you more likely to get infections or make any infection that you have worse. Call your doctor right away if you have any symptoms of an infection. See "Before starting Enbrel, be sure to talk to your doctor" for a list of symptoms of infection.
- Previous Hepatitis B infection. If you have been previously infected with
 the hepatitis B virus (a virus that affects the liver), the virus can become
 active while you use Enbrel. Your doctor may do a blood test before you start
 treatment with Enbrel and while you use Enbrel.
- Nervous system problems. Rarely, people who use TNF-blocker medicines
 have developed nervous system problems such as multiple sclerosis,
 seizures, or inflammation of the nerves of the eyes. Tell your doctor right
 away if you get any of these symptoms: numbness or tingling in any part of
 your body, vision changes, weakness in your arms and legs, and dizziness.
- Blood problems. Low blood counts have been seen with other TNF-blocker medicines. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding very easily, or looking pale.
- Heart failure including new heart failure or worsening of heart failure you already have. New or worse heart failure can happen in people who use TNFblocker medicines like Enbrel. If you have heart failure your condition should be watched closely while you take Enbrel. Call your doctor right away if you get new or worsening symptoms of heart failure while taking Enbrel, such as shortness of breath or swelling of your lower legs or feet.
- Psoriasis. Some people using Enbrel developed new psoriasis or worsening
 of psoriasis they already had. Tell your doctor if you develop red scaly
 patches or raised bumps that may be filled with pus. Your doctor may decide
 to stop your treatment with Enbrel.

- Allergic reactions. Allergic reactions can happen to people who use TMF-blocker medicines. Call your doctor right away if you have any symptoms of an allergic reaction. Symptoms of an allergic reaction include a severe rash, a swollen face, or trouble breathing.
- Autoimmune reactions, including:
 - Lupus-like syndrome. Symptoms include a rash on your face and arms that gets worse in the sun. Tell your doctor if you have this symptom. Symptoms may go away when you stop using Enbrel.
 - Autoimmune hepatitis. Liver problems can happen in people who use TMF-blocker medicines, including Enbrel. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: feel very tired, skin or eyes look yellow, poor appetite or vomitting, pain on the right side of your stomach (abdomen).

Common side effects of Enbrel include:

- Injection site reactions such as redness, swelling, itching, or pain. These
 symptoms usually go away within 3 to 5 days. If you have pain, redness, or
 swelling around the injection site that doesn't go away or gets worse, call your
 doctor.
- Upper respiratory infections (sinus infections).
- Headache

These are not all the side effects with Enbrel. Tell your doctor about any side effect that bothers you or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Enbrel?

- Store Enbrel in the refrigerator at 36° to 46°F (2° to 8°C).
- If needed, you may store the Enbrel syringe, autoinjector, or the dose tray for the multi-use vial at room temperature between 68°F to 77°F (20°C to 25°C) for up to 14 days.
- Once Enbrel has reached room temperature, do not put it back in the refrigerator.
- Throw away Enbrel that has been stored at room temperature after 14 days.
- Mixed Enbrel powder should be used right away or kept in the refrigerator at 36°F to 46°F (2°C to 8°C) for up to 14 days.
- Do not store Enbrel in extreme heat or cold. For example, avoid storing Enbrel in your vehicle's glove box or trunk.
- . Do not freeze.
- Do not shake.
- Store Enbrel in the original carton to protect from light or physical damage.
- . Keep Enbrel and all medicines out of the reach of children.

General Information about Enbrel

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use Enbrel for a condition for which it was not prescribed. Do not give Enbrel to other people, even if they have the same condition. It may harm them.

The Medication Guide summarizes the most important information about Enbrel. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Enbrel that was written for healthcare professionals. For more information, call 1-888-4ENBREL (1-888-436-2735).

What are the ingredients in Enbrel?

Single-use Prefilled Syringe and the Single-use Prefilled SureClick® Autoinjector:

Active Ingredient: etanercept

Inactive Ingredients: sucrose, sodium chloride, L-arginine hydrochloride and sodium phosphate

Multiple-use Vial:

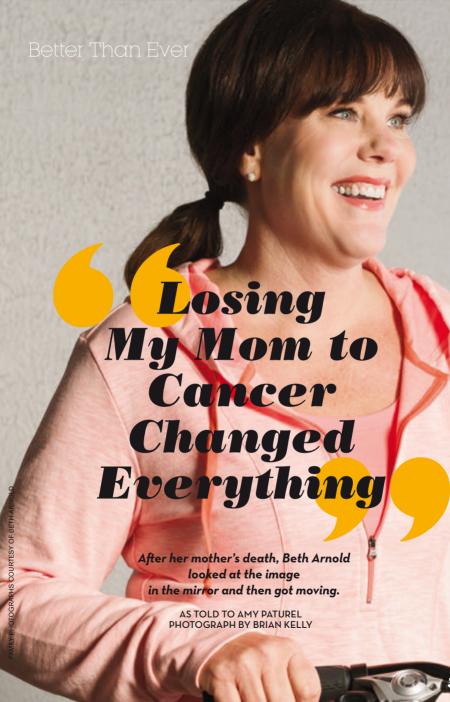
Active Ingredient: etanercept

Inactive Ingredients: mannitol, sucrose, tromethamine



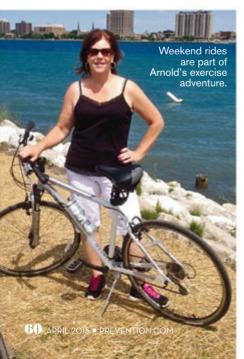
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As I stood in the Macy's fitting room, my own reflection sent shivers down my spine. You look just like Mom, I thought. Two years prior, I had watched lung and liver cancer ravage my mother's body; she was gone inside of 2 months. Now, as I stared at my rounded belly and sagging skin exposed in the dim light, I couldn't shake a feeling.

My mom taught me so many wonderful things, but a healthy lifestyle wasn't one of them. For most of her life, she smoked, loved fattening cooking, and didn't exercise. Growing up I adopted those habits, too, and by 44 I was overweight and a closet smoker, and my health was deteriorating. Both my blood pressure and cholesterol levels



were on the high end of normal. Even though my husband, Gary, worked out, my most physical activity was shopping. If I kept this up, would I be destined for cancer, too?

Looking at myself in the mirror, I felt scared, sad—and determined to change. When my mom got sick, my life came to a halt while I took care of her. She lost her independence, her strength, and her dignity. I didn't want my kids to go through that with me.

"I'm going to get healthy," I told Gary when I got home that afternoon. He was shocked—for years he'd encouraged me to join him at the gym or on bike rides, with no success—but once he realized I was serious, he quickly hopped on board. Soon we started working out every morning and taking long rides on weekends. And I enjoyed it!

Today exercise is part of my life: I take aerobics and kickboxing classes. I even ran my first 5K. And I haven't touched a single cigarette in nearly 3 years. So far, the combination of all that effort has helped me get my blood pressure and cholesterol under control and lose 78 pounds.

I know making these changes doesn't guarantee that I won't get cancer. But the positive steps I've taken have already benefited me—and my family. Who knows? Maybe Mom was with me in the fitting room that afternoon to set me on a healthier path. She always wanted the best for me...and she sure did love shopping.



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Re-cement a loose cap or replace a lost filling! Anytime, anywhere!



GET INSTANT RELIEF

One treatment eliminates tooth sensitivity instantly and lasts at least 3 months!



Dentist On Call[®] products are available at drug and food stores everywhere...



Broken Dentures?

Repair-It® will fix breaks, mend cracks and even re-attach loose teeth.



Loose Fitting Dentures?

Reline-It® will make loose fitting dentures feel like new. Reline your dentures easily and safely.



Purchase either Reline-It® or Repair-It® and we'll send you a box of Clean-It® Denture Wipes.

FREE!

Fax, mail or e-mail your receipt, along with your name, address and phone number to Majestic. LIMIT ONE PER HOUSEHOLD.

The #1 Detox Product in the U.S.

(SPINSscan 52 weeks ending 1/2014)



... AND FLOR-ESSENCE* IS THE ANTIDOTE.*

We're surrounded by toxins. They're everywhere. In the things we eat and drink, and even the air we breathe. Some toxins are by-products of industrialization, others occur naturally. The good news: our bodies have a variety of ways to deal with toxins. The bad news: the current load exceeds our body's ability to adapt... and sooner or later everyone is affected. That's where Flor•Essence comes in. It helps our bodies remove toxins more efficiently than they can on their own. Some people call it astonishing, we call it the antidote for modern civilization.



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ext time you're vexed by heartburn, gas, diarrhea, constipation, or even the chronic misery of irritable bowel syndrome, make this compendium of stomach soothers your go-to bathroom read.

MOVING FOODS

If you need to get unstuck. The fiber in oatmeal, beans, whole grains, and fresh fruits and veggies softens stools for a quicker exit. Water helps, too.

durt Here!

AVOIDANCE Cut reflux and gas culprits.

To ease acid-induced heartburn, limit spicy, fried, or fatty dishes and chocolate, tomato sauce, ketchup, and coffee, and stay upright for 2 to 3 hours after eating. Gassy? Avoid hard candy, fizzy drinks, and foods like broccoli, cauliflower, beans, and bran, which ferment in your gut.

187 mg

Approximate dosage of peppermint oil you can try taking 30 minutes before a meal to relieve abdominal pain, constipation, gas, and bloating

ILLUSTRATION BY RYO TAKEMASA. PHOTOGRAPH BY ROBERT DALY/PLAINPICTURE

Antacids

When diet changes aren't stopping the burn.

The calcium, magnesium, and aluminum in OTC drugs (Tums, Rolaids, Mylanta) soothe indigestion by neutralizing stomach acid. Relief starts within 10 minutes and lasts 30 to 60 minutes.

100 trillion

Estimated number of bacteria in your gut

ANTIDIARRHEAL

Stops the runs for now. Loperamide (Imodium) slows the contraction of intestinal muscles. It's effective for treating diarrhea but not for other symptoms of IBSand it won't treat diarrhea's cause. Keep hydrated. and see a doctor if diarrhea lasts 10 or more days.

PROBIOTICS

Microcritters may soothe your gut.

Studies show that healthy bacteria can ease IBS symptoms like bloating and pain. It's unclear which strains help most, so take multiple species, especially Lactobacillus and Bifidobacterium, at a minimum of 1 billion CFU.

RX MEDS FOR IBS

If DIY fails. You've got options: Alosetron (Lotronex) can ease diarrhea: linaclotide (Linzess) and lubiprostone (Amitiza), constipation; and dicyclomine (Bentyl), cramping.

Warning Signs It's More Than a Bellvache

GI problems alone aren't usually cause for serious concern. But you should consult a doctor if you are also losing weight, seeing blood in your stool, or having trouble swallowing or eating or if you have a family history of cancer.

Laxatives

For when nothing else moves you.

Osmotic laxatives such as MiraLax pull water into the colon to loosen stools. Stimulant laxatives like Ex-Lax and Dulcolax quicken colon muscle contractions to move stools faster. Make an appointment with your doctor if constipation lasts more than 2 weeks.

REFLUX FIXES Longer-term acid relief. H2 blockers such as OTC Zantac or Pepcid reduce stomach acid for 6 to 8 hours. For more severe GERD, proton pump inhibitors like Prilosec or Nexium heal the esophageal lining.

Sources: Jordan Karlitz, MD, assistant professor of medicine at Tulane University School of Medicine and chair of the public relations committee at the American College of Gastroenterology; David Stockwell, MD, assistant professor at Eastern Virginia Medical School and spokesperson for the American Gastroenterological Association



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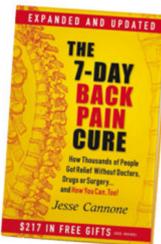
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You know how life in your 40s (or 30s or 50s, for that matter) can turn into a blur of barely felt moments? It even happens to a mindfulness expert like MALLIKA CHOPRA. Frazzled and scrambling to keep up, she was going through the motions of her life—until one eye-opening moment. Her story of turning off autopilot might just help you do the same.

BY EMMA HAAK PHOTOGRAPHS BY KWAKU ALSTON





Chopra's journey began a couple of years ago, when she was speaking onstage about living "a life of purpose." As she addressed the crowd, out of nowhere, a voice in her head hissed, Who are you to be talking about this when you don't have any purpose yourself?

It was true: Despite making a career of helping women in midlife find more fulfilling lives (and being the daughter of the world's best-known self-help master), Chopra struggled to find her own fulfillment. She was drowning her stress in sugar and ill at ease with her soccer-mom status. "At that moment onstage, I realized something had to change," Chopra says. So the poster girl for intent embarked on a mission to find her own-and uncover how aging into midlife had changed it. She spent time with older, wiser relatives, recommitted to meditation, and gueried experts. What she found was a deeper understanding, not only of herself at 43 (her age now), but of what brings her real contentment. Her new book, Living with Intent: My Somewhat Messy Journey to Purpose, Peace, and Joy, describes four simple techniques that made room for her happiness.

Meet your actual needs. When life becomes an endless game

of Whack-A-Mole, as Chopra knows all too well, it's hard to even identify what could make you happy. She advises that you try this quick exercise.

- On a blank piece of paper, write "What makes me happy?" Then jot down the things that come to mind activities, emotions, people, places, whatever. Don't overthink it.
- Look for common themes that tie your answers together, and write them down. If you see names of family members or friends, you might consider relationships as a theme. If things like travel and trying new cuisines top your list, maybe novelty is what does it for you.
- Each day, focus on a theme and take one action. If it's relationships that bring you joy, catch up with a friend. If nature is your thing, make a point to get outdoors. No action is too small - the tiniest gesture is enough to kick-start your intent, Chopra says.

Say no, often.

A central tenet of living with purpose: clearing time to put your own choices on your schedule. You may think you'll let people down if you say



keeping it real in my pursuit of balance and peace.

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no t

no to requests for your time or effort, but the world won't come to a screeching halt if you decline. Yes, at this point in life we're central to a lot of other people's lives, Chopra says, but sometimes we overestimate exactly how necessary we are. "I'd been volunteering at my

lives, Chopra says, but sometimes we overestimate exactly how necessary we are. "I'd been volunteering at my daughters' school for years, but when I was asked to speak at an event there recently, I didn't have time. And I realized that all the drama I'd been anticipating if I said no actually stemmed from my own sense of self-importance—imagining that this event couldn't happen if I didn't help," she says. Turns out it proceeded just fine without her. Whatever you're turning down will, too.

3 Identify whom you take for granted—then stop.

"I'm at an age at which many of my friends have gone through divorce or are grieving the loss of parents," says Chopra. "It's a constant reminder to cherish the relationships that I have right now." Thinking this way allowed her to see that even the hours spent chauffeuring her daughters around were valuable—and to recognize that it was not a slog but a time for them to open up about their lives.

Soothe your inner jerk.
Sometimes you just have to cut yourself some slack. "Otherwise you'll get lost in an endless cycle of guilt and





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anxiety," Chopra says. When you feel your stress levels rising, or you begin ruminating on a past mistake, try her STOP method: (S) Stop, (T) take three breaths, (O) observe what you're feeling, and (P) proceed. "By taking the time to

pause, breathe, and acknowledge your emotions, you get control over your body's fight-or-flight reaction to whatever you're thinking," she says. "Your heart rate will slow, and you can move on instead of analyzing it too much."



"I Do It"

At Prevention's annual R3 Summit in Austin. TX, Mallika Chopra and fellow speaker Andie MacDowell agreed that there's no such thing as a "throwaway" age-that putting things off until you're at a different stage of life (like when the kids are out of the house) simply postpones your own happiness. MacDowell's approach: "Every time in your life is valuable, and you need to exist in that moment. Because if you don't-you lose it."



Your Feet Have Never Felt This Good

What do the Runner's World Shoe Lab in Portland, OR, and more than 350 pavement-pounding testers across the US have in common? They beat up a lot of shoes to help you pick the best pair for the feet you've got.

BY JONATHAN BEVERLY, WARREN GREENE, AND MARTYN SHORTEN, PHD. WITH THE EDITORS OF PREVENTION, PHOTOGRAPHS BY MITCH MANDEL

Find Your Sole Mate (Begin Here)

Are you planning to run at all? Are you overweight? Look for Look for shoes shoes with this with this color dot color dot What is your Are you injury prone? weekly mileage? Look for shoes with this Less than 18 More than 18 color dot What is your What is your arch type? arch type? Flat High Flat Normal Normal Are you Look for Look for injury prone? shoes shoes with this with this color dot. color dot High NO Look for shoes with this color dot Look for Look for Look for shoes shoes shoes with this with this with this color dot color dot color dot.



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It's all about how much impact you put on your joints with each foot strike. Body mass index of 26 or higher is a semiarbitrary heaviness cutoff, but generally the more you weigh, the more shoe-extra cushion. lots of support-you need to keep pain and injury at bay. Find your BMI at runnersworld.com/bmi.

Why Your ARCH TYPE Matters

Your arch type affects how much your feet pronate, or roll, after impact, which is related to how they dissipate shock. If your arch is average, your foot likely has a natural pronation, and you can wear just about any shoe. If you lack an arch, your feet will tend to roll inward

more than the ideal amount (overpronate). If your arch is high, your feet may not roll enough (underpronate). To minimize injury, overpronaters need added cushioning and support, while underpronaters should look for shoes with more cushioning but not extra support.



HOKA ONE ONE CONSTANT, \$160

The most supportive Hoka yet has a durable compound that runs from heel to midfoot, controlling pronation and boosting cushioning. "My

running game is no longer on hold; this high-cushion brand gives my achy joints the protection they need," says wear tester Joe Kita. **Bottom Line:** All that support will help you go big.





The Ravenna is a Goldilocks shoe: cushioned without being squishy, stable without seeming clunky, solid without feeling heavy. "You put them on and get that impulse to go. I never want to take them off," says *Prevention* managing editor Polly Chevalier. Bottom Line: Stable and smooth.

ASICS GT-2000 3, \$120

Sandwich the Asics trademark Gel between layers of soft foam and you get a rock-solid, sole-babying running shoe that fits great. "I forget I'm wearing sneakers," says wear tester Janice Trudgeon.

Bottom Line: Major crowd pleaser.



NIKE AIR ZOOM STRUCTURE 18, \$120

The 18 is a major update on a shoe that's been around since 1991. Lab tests found that it's softer, with a beefier medial post for more stability, and testers loved the arch support. Bottom Line: Soft and stable, it'll take you places.



ADIDAS ULTRA BOOST, \$180

The cooks at Adidas have been busy creating a more cushioned Boost foam to improve their signature bouncy ride. The updated sole adapts to your foot's

movement and makes for a smoother transition from heel strike to toe-off. "They hug my feet nicely and are lightweight and soft, yet they offer good arch support," says *Prevention* research director Diana Erney.

Bottom Line: Plenty of bounce, even more cushion.



I HATED MY "WORRY-WRINKLE"

Lone is 58 and feeling the effect of time on her skin. She chose to do something about it.

hen I was younger my skin was smooth and wrinkle free. But I admit I used to sunbathe for hours, and already at 30 I started to notice fine lines and wrinkles show up. Especially a "worry-wrinkle" between my eyes really bothered me.

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Lone, Denmark

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MIZUNO WAVE RIDER 18, \$120

To improve the venerable Wave Rider, Mizuno restored characteristics of previous versions, like a more refined toe and a bouncier

Wave plate midsole, as well as a new outsole with added shock absorption. "I am not a minimalist shoe person, and these provided enough cushioning for my runs without feeling clunky," says wear tester Abigail Eaton.



FOAM ZANTE, \$100

The featherweight Zante has

ample cushioning in the heel and a solid feel under the forefoot for a quick toe-off. "Not too much shoe, but they still gave me bounce when I ran," says *Prevention* junior designer Kayleen Kauffman-Holcombe.

Bottom Line: Great ride for lightweight runners.

"Seeing my hair come out in the shower was so depressing."

rancine always had thick hair while she was growing up. The first time she noticed her hair thinning was two years ago. "When drying my hair, I would feel the heat on my scalp and I thought how odd that I would have thinning hair. When I saw my hair coming out in the shower, that is when I knew I had a problem."

Francine heard about Viviscal® supplements through her best friend, who suggested that she try this product that her dermatologist was taking for thin hair. Francine noticed a difference in three to four months with Viviscal.



Francine S.



"We recently conducted a double-blind, placebocontrolled clinical trial on Viviscal supplements in the Ablon Skin Institute in Los Angeles. The results were dramatically successful."

Glynis Ablon, M.D., FAAD, Associate Clinical Professor UCLA.





Actual Viviscal patient courtesy of Glynis Ablon, M.D., The Ablon Skin Institute (ASI) Research Center.

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It's Your DNA

Workouts are about to stop sucking for good: Master the bold new science of exercise genetics and you'll capture new motivation, finally rev your metabolism, and leave these six frustrations behind.

BY CINDY KUZMA I PHOTOGRAPHS BY DAN SAELINGER

e've all met them. They are the Naturals. The woman in yoga class pre-engineered to nail asanas

like some kind of transcendent Gumby. The friend who needs only 2-pound dumbbells to pop Cameron Diaz-like biceps. That peppy guy who clearly sprang from the womb wearing his fitness instructor uniform.

You, meanwhile, haven't felt motivated to walk fast since some weirdo followed you in the parking lot. You can do strength routines for weeks without detecting a hint of triceps definition. Instead of the promised results, you've found frustration. You've maybe even beat yourself up for all the missed goals.

Well, you can check that little blame game at the genetics lab door. According to breaking research, it's not necessarily that you lack willpower; you just got stuck with the short end of a workout double helix. Turns out one in six of us is genetically destined to get hardly any response from endurance training, and one in five has a handicapped metabolism. Scores of us have the genes that make sitting in a chair heaven on earth and going to the gym as uncomfortable as dental surgery.

Is this arbitrary allotment of workout enthusiasm and excellence fair? No. Are you allowed to whine about it? Yes, for exactly 2 nights of Naked

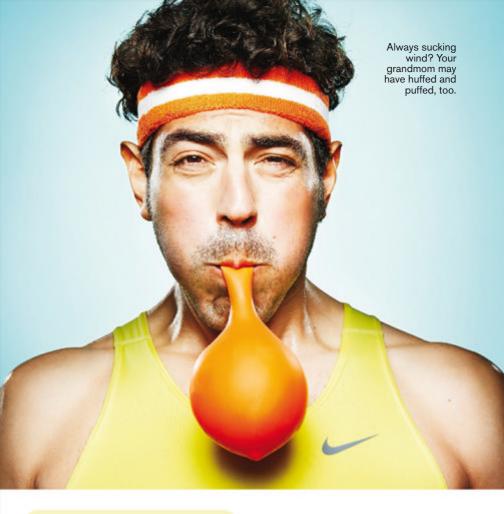
and Afraid binge watching. But then it's liberation time. Now that you know there are natural shortcomings built into your genetic code, use these tests to figure out exactly what they are and how to overcome them. You still won't love what your DNA doesn't want you to love. But at least your genes won't keep you out of your favorite jeans any longer.

You get no joy from working out.

Scientists have only begun to uncover the many ways genetics can sway your motivation to move. But they have pinpointed a bunch of genes linked to brain chemicals — like serotonin and dopamine – and to the brain's reward system, which scientists believe predisposes some people to derive pleasure from pushing themselves. The rest may be at a disadvantage, experiencing Tabata intervals as torture and even moderate sweat sessions as uncomfortable. Each individual gene in question likely has only a small effect - say, less than 1% — on how enjoyable exercise is, according to researcher Angela Bryan, who studies the genetic underpinnings of exercise behaviors. But together, genes add up: When University of Missouri scientists selectively mated rats that logged the most miles on their running wheels, they found 36 genes that may be involved - and ended up with rodents 10 times more naturally active than those bred for laziness.



You start strong but fade fast? You may have inherited genetic roadblocks.



Is it your DNA? Consult your memory for proof your genetic blueprint spells sofα spud: If you can't recall ever looking forward to moving-not even playing hopscotch or tag with your buddies-you may be stuck with the don'tget-up-and-go genome, says University of Texas researcher Molly Bray.

The fix: Start by laughing out loud.

You face an absurd disadvantage, and nothing works better than humor to keep you positive, says sports psychologist Michelle Cleere. Then put on your game face, because one of the only ways to outsmart deadbeat genes is to set a goal (say, your first 5K or 10K) and make it nearly impossible to miss a step along the way. Schedule every workout, and come up with specific

plans – like popping in a 10-minute DVD if you oversleep or hopping onto the treadmill if it's raining — to thwart excuses. You can employ strategies to make exercise fun: music, dance, games, whatever works, says Bray.

You're always out of breath. Winded before the warm-up ends? Blame it on a low VO2 max, a measure of endurance based on how much oxygen your muscles use. One of the largest studies of exercise genetics found that both your baseline VO2 max – that is, how fit you'd be if you never left the couch – and your ability to improve it are tied to your DNA. On identical training plans, about 10 to 15% of people will remain huffing and puffing, getting very little increase in VO2 max. Another lucky 10 to 15% will net almost a 50% increase, while the rest of us fall in the middle, according to geneticist and Heritage Family Study researcher Tuomo Rankinen, of the Pennington Biomedical Research Center in Baton Rouge, LA.

Is it your DNA? Genetic tests purporting to predict this training response can't give you the complete picture, Rankinen says. Instead, visit the human performance laboratory at your local university and ask for a VO₂ max test. (Sometimes the tests are available at health clubs, too.) You'll walk away knowing your current tap-out point and can retest in a few months to see if

you've improved. Just be prepared to shell out \$100 to \$300.

The fix: You'll have to commit to the formula you've been ducking for years: high-intensity interval workouts. Do 2 each week, pushing hard to the winded point for 30 to 60 seconds, then walking or pedaling slowly for an equal or longer time frame. Start with 4 rounds and work up to 8 or even 10, says Mark McClusky, the author of Faster, Higher, Stronger: How Sports Science Is Creating a New Generation of Super-Athletes – and What We Can Learn from Them. After 6 weeks, you should finally notice more stamina. Look forward to it.

You never get any stronger.

If you've never moved a bag of mulch or pried open a pickle jar without calling for backup, you may be able to point a finger at your family tree. Your inherited baseline of strength and stamina is based on your mix of muscle fibers. Most of us have about half fast-twitch (FT, what sprinters and powerlifters are born with more of) and half slow-twitch (ST, what endurance runners have in spades), says exercise scientist Wayne Westcott. If you have a rough time building brawn, he says, your current workout might not be playing to your genetic strengths.

Is it your DNA? To find out if your muscles lean more toward FT or ST, you could submit to an expensive muscle

biopsy. Or try Westcott's DIY estimate: On a leg-extension or chest-press machine, find the heaviest weight at which you can do just a single rep with good form. Return exactly 5 minutes later and set up the machine with 75% of that weight. (So if you could lift 100 pounds once, reduce it to 75.) Count the reps you can do before complete fatigue sets in. Manage 8 to 12 reps and you have an average 50-50 mix of FT and ST. Do fewer than that and you likely have more FT; do more and you probably have more ST

The fix: For starters, ditch the 2-pound dumbbells. But how much more weight you need depends on your fibers. FT ones tire more quickly, which means they'll get stronger faster with heavier weights and fewer reps. So if you lean that way, choose weights that allow you to do just 4 to 8 reps per set. But if you're super ST, you're geared for endurance exercise: Drop to an amount that allows you to complete 13 to 16 reps with proper form for each set. Fall around 50-50? Split the difference and go for a weight you can lift well for 8 to 12 reps. Once the last rep feels easy, increase the weight. Then stand back, flex, and admire your results.

Call them yoga genes: bits of DNA that encode for the production of

collagen – a protein that provides strength and elasticity to your skin and ligaments - and can influence the pliability of your body. Studies on twins show that, depending on the joint tested, as little as 50% (lower back and hamstring) or as much as 91% (shoulder) of differences in flexibility can be attributed to factors passed down through generations. One rare mutation causes Ehlers-Danlos (EDS) syndrome, a group of conditions featuring hypermobile skin and joints.

Is it your DNA? Freakily flexible sorts can test for EDS mutations by seeing if they can touch the tips of their tongues to their noses or bend their fingers all the way backward. For the rest of us, it's not quite as clear. However, if you've been doing yoga religiously for the past few months and still don't see much improvement in your Forward Fold or Backbend, there's a good chance you can blame some of that stiffness on good ol' Mom and Dad.

The fix: Whether you're genetically inflexible or just tight from too much sitting, you can loosen up by building in 10 minutes a day for stretching, preferably after your workout, when muscles are warm, says stretching expert Malachy McHugh, of the Nicholas Institute of Sports Medicine and Athletic Trauma at Lenox Hill Hospital in New York City. Be sure to perform each stretch for at least 60 seconds - a 2014 study found





that doing so significantly improved flexibility after 7 days and predicted long-term payoffs in pliability.

You just can't

seem to tone up. Melt flab and you hope to reveal toned abs underneath - not another layer of jiggle. But not everyone constructs muscle tissue at the same rate. If you look in the mirror after several months of resistance exercise and see no changes - or if you do the same moves a friend does but have less to show for the effort—it's possible you're among the approximately 30% of people who respond less robustly to muscle-building programs, says

Marcas Bamman, director of the University of Alabama at Birmingham's Center for Exercise Medicine, One newly discovered reason is that some of us have more satellite stem cells which work to repair and rebuild muscle in response to strength training - than others do. In fact, research shows that people with more of these cells at the start of a strength-training program appear to gain more muscle. Other genes influence how efficiently these cells donate their raw materials to your quads or triceps after a tough training session, says Bamman.

Is it your DNA? Sorry, you can't learn your number of satellite cells unless you're in a research study. But you can

assess how hard it is for you to tone, says Westcott. Strike a traditional bicepsflexing pose with your right arm, making a tight fist. Use the width of the fingers on your left hand to measure the distance between the bend of your right arm and the start of the biceps bulge. The average person can fit two fingers, while musclemag cover models can fit one at most. If you can fit three or more, your overall muscle size is relatively low, meaning you likely have the antibuffing genes.

The fix: Alas, there's no such thing as a satellite cell transplant. But whatever the state of your satellite cells, you won't see results without proper nutrition. Within 30 minutes of your cardio or strength-training session, aim for a 200- to 300-calorie snack with at least 20 g of protein. Whey protein (try it in a shake) and eggs contain the most leucine - defined as "the amino acid that is a spark plug for the processes underlying muscle building and repair" by Atlanta sports dietitian Marie Spano.

Your sluggish metabolišm won't speed up.

How well you burn calories is closely tied to your number of mitochondria, the mighty cell powerhouses that pump out energy for muscles to feed on. Thing is, regular exercise increases their size and number for some people much more than for others, says Lauren Sparks, a researcher at the Translational Research Institute

for Metabolism and Diabetes in Orlando. This is partly due to roadblocks that are programmed into our genes, leaving us unable to reap the metabolic rewards, says Sparks. While most people will see mitochondrial gains quickly - in one study of sedentary men and women in their late 60s, those who walked on a treadmill or rode an exercise bike for 30 to 40 minutes 4 to 6 days a week increased their volume by as much as 69% in 12 weeks—for up to a fifth of people, this perk is blunted.

Is it vour DNA? This test doubles as a fitness plan: Sweat religiously-more than usual—for 10 weeks, tracking your weight and your blood sugar levels, which can show how efficiently your body burns food to make energy. If your numbers don't budge, your metabolism may be a genetic outlier.

The fix: Even if you're not a huge mito responder, you can still stoke your metabolism by firing up the intensity of your workouts (see the fix for No. 2). "The harder you push, the bigger your afterburn," says exercise physiologist Michele Olson. "But you really have to go hard to reach that state - working at an intensity of at least 90% of your max heart rate where your body continues to burn calories for minutes to hours after you finish your workout." No shortcut there, it's true. But hey, at least you've got yoga Gumby beat in the genetic smarts department. 🔋

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BY THE EDITORS OF FATCLEAN.COM

Get a taste of the raw trend with Neal's salad of fennel pears, avocado and honeysoaked pecans.



Avoid Food Toxins

Stefanie Neal

WHO SHE IS: Food-app visionary

LICENSE TO BLOG: Neal is the culinary genius behind Food Fix Up, a popular app featuring more than 100 gluten-, dairy-, and refined-sugar-free dishes. With 58,000-plus Instagram followers, Neal has inspired many to find both health and delight in the kitchen.

FIND HER ON EATCLEAN FOR: Recipes for terrific allergy-free dishes not found on her app. STARTER TIP: "When you live on packaged foods, fresh produce can seem plain. But shop and cook smarter and a strawberry can taste like the best thing you've ever eaten."





Cook Yourself Thin

Dawna Stone

WHO SHE IS: Health and diet expert **LICENSE TO BLOG:** First Stone started a fitness magazine and a marathon series. Then she won The Apprentice: Martha Stewart. Now she's



a national health speaker and recently wrote *The* Healthy You Diet, which teaches people to eat better – and lose weight in the process – by cooking delicious meals free of dietary toxins.

FIND HER ON EATCLEAN FOR: Easy-to-make dishes using lighter, whole-food ingredients that clean up classic meals.

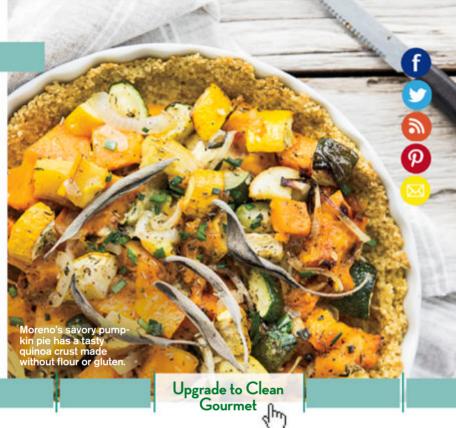
STARTER TIP: "Find creative, delicious ways to eat more veggies: Add pureed carrots to tomato sauce, kale to soup, or pumpkin to baked goods."

Detox the Right Way

Candice Kumai

WHO SHE IS: Chef, TV host, author LICENSE TO BLOG: A former contestant on Bravo's Top Chef, a judge on Iron Chef America, and a prolific cookbook author, Kumai is one of the country's most recognized clean-food chefs. Many of her recipes are gluten-free and use only a few ingredients. FIND HER ON EATCLEAN FOR: Quick detoxifying smoothie and juice recipes, along with effortless meals anyone can make. **STARTER TIP:** "Use a high-quality blender for your smoothies, like a Vitamix, instead of a juicer, which can destroy nutrients in fresh produce and removes the healthy fiber, too."





Jodi Moreno

WHO SHE IS: Chef and photographer LICENSE TO BLOG: Moreno's award-winning food blog, What's Cooking Good Looking, has won national attention for its gorgeous food photography and sumptuous recipes, which transform seasonal ingredients into dinnerparty-worthy dishes.

FIND HER ON EATCLEAN FOR: Beautifully illustrated yet surprisingly simple recipes. **STARTER TIP:** "Eat as close to the source as possible for maximum health and flavor. That means shopping at a store that sells local, going to your farmers' market whenever possible, and even harvesting food from your backyard."





Darya Rose
WHO SHE IS: Neuroscientist, former dieter **LICENSE TO BLOG:** Rose was just another university student on a mission to get thin when she discovered that real science paired with real food offers the best way to lasting weight loss. Today she spreads the message on her blog, Summer Tomato, named one of Time's 50 Best Websites.

FIND HER ON EATCLEAN FOR: Her mental tricks and tips to lose weight without dieting. **STARTER TIP:** "Never tell yourself that you should or shouldn't eat something. Instead, find legit reasons to eat or skip it, like It's delicious or It'll make me groggy. Take morals out of the equation and food guilt will go away."



Joe Dobrow

WHO HE IS: Food-biz insider LICENSE TO BLOG: After 20-plus years as a marketing exec for industry leaders like Whole Foods, Dobrow knows what really happens behind closed doors in the natural-foods world. The experience inspired him to write



Find Out Who Really

the book *Natural Prophets*, which details the health-food boom and the minds who drove it.

FIND HIM ON EATCLEAN FOR: A behind-the-curtain look at clean-food trends, what labeling really means, and the best natural companies. **STARTER TIP:** "Not every food producer can afford the certification for the Non-GMO Project Verified seal, so to avoid GMOs, the best thing to do is to buy organic — because by law, if it's organic, it's also non-GMO."

Make Clean Eating Fast and Simple

Amy Pruess
WHO SHE IS: Foodie turned chef

WHO SHE IS: Foodie turned chef LICENSE TO BLOG: When a health crisis upended her life, Pruess overhauled her diet by teaching herself to cook clean. Energized by success, she launched the blog *Parsley in My Teeth* to help aspiring everyday cooks turn wholesome cuisine into a daily reality. FIND HER ON EATCLEAN FOR: Fast,



original recipes rich in common superfoods. **STARTER TIP:** "Eat like your life and the health of the planet depend on it—because they do."





How to Beat Alzheimer's at Its Own Game

The new science of prevention

BY MIKE ZIMMERMAN ILLUSTRATIONS BY EMILY FLAKE

I feel stupid, worse,

I feel overmatched. A simple short-term memory test shouldn't be this hard. But of the 10 random words just spoken to me, I can repeat back only two. I listened. I concentrated. I focused on the words as I heard them. But for some reason, they didn't stick. It's the kind of performance that makes you wonder if your brain is OK

You, as in me.

I've been having memory blips recently. I tried to ID a singer on the radio the other day and couldn't come up with Jackson Browne. I'm not a fan, but it still bothered me. And a guy I've known for years named Rick, I somehow always accidentally call Dave. Things like that make me welcome this

visit to the NeurExpand Brain Center in suburban Washington, DC. I'm here to have a brain fitness evaluation and talk with the founder, Majid Fotuhi,

a Harvard-trained neurologist. He's getting some remarkable results helping people grow their brains - 82% of his patients see measurable advances in cognitive function, and most experience an expansion in brain size, he says. There's good reason to believe that this is something we all should want to do.

Within 15 minutes of my initial test, not only do I perfectly recall 10 words in order, but my 45-year-old brain tacks on 20 more words and masters 30 for 30. A miracle? Nope—a simple memory technique, one of the tools that are supposed to help protect me against dementia and Alzheimer's disease later in life. In fact, Fotuhi believes that if everyone could learn what I learned at NeurExpand that day last November, the high rates of dementia after age 65 could become a distant memory. At a time when some estimates indicate that Alzheimer's has become the United States' third-biggest killer - a time when the words dementia and hopelessness seem like synonyms – that just sounds crazy. But don't you want to believe it? I do.

If you remember just one word from this story, says Fotuhi, it should be hippocampus. Or hippocampi, since you have two of them, one on the underside

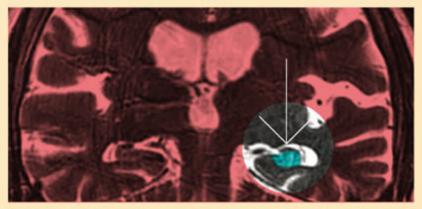
vou remember just one word from this story, it's hippocampi—ground zero for your memory now and your dementia risk in the futures

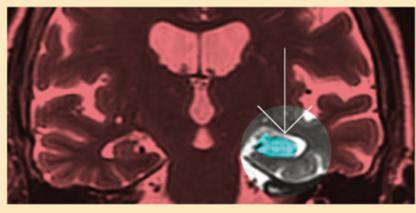
> of each hemisphere of your brain. Each is about the size of your thumb and shaped like a sea horse (hippocampus comes from the Greek hippos for "horse" and kampos for "sea monster"), and their primary duties involve short-term memory and consolidating it for longerterm storage. That's different from, say, the cerebral cortex, your brain's outer layer, famously responsible for

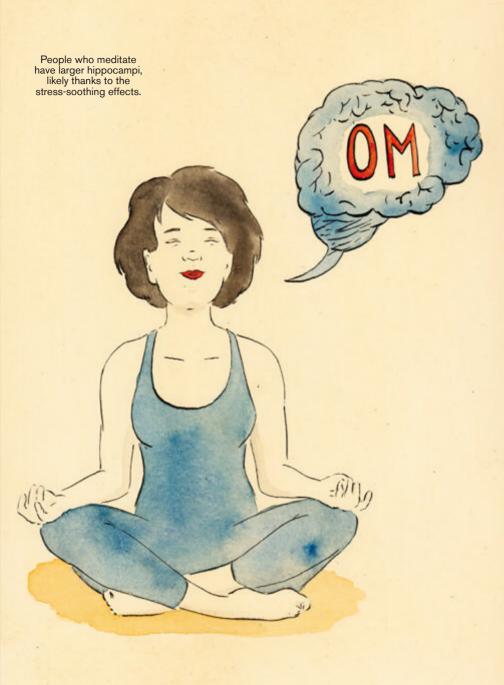
THE MIRACLE OF **Expanding Your Brain**

After 12 weeks of training at Neur-Expand-including 12 total hours of meditation and 24 of memory exercises-this patient grew her hippocampus (in blue) 8.6%-the equivalent of reversing 17 years of brain aging. Five years ago, no one knew that such

a feat was even possible, says brain expert Majid Fotuhi-and certainly no one believed it could help your brain work around the tangles and plaques of Alzheimer's. But now some scientists are wondering: Is brain growth a dementia vaccine?







making decisions, navigating a city, moving your eyes around, and speaking. The hippocampi are ground zero for determining the strength of your memory now and your dementia risk in the future.

One reason I keep calling poor Rick Dave: The hippocampi shrink as we age – about 0.5% per year beginning sometime after 50. This forgetfulness is not only inconvenient and embarrassing but also a harbinger of bad things to come, research suggests. The smaller your hippocampi, the more vulnerable you are to the ravages of dementia. And as the movie Still Alice reminds us. Alzheimer's – the most common form of dementia - is horrifying. Bits of protein in the form of "plaques" and "tangles" destroy brain tissue, causing gradual memory loss that leads to behavioral deterioration and, in the end, an inability to perform basic tasks like swallowing food. The hippocampi get destroyed first, which explains why memory is the first casualty of Alzheimer's. The cortex goes down next, taking away everything else, including the very self. Everything that makes

you you dwindles away. Of course, there is no cure for this disease, which 1 in 9 Americans over 65 has. But Fotuhi, in his gently cheerful manner, reframes even that accepted wisdom. To him, hope is real for almost anyone with memory loss or cognitive decline, including most older people with initial signs of Alzheimer's disease. His

optimism doesn't include early-onset Alzheimer's, the relatively rare form that generally begins in one's 50s or 60s, since those dreaded plagues and tangles are like fast-moving brush fires that destroy the brain before anything can be done about them. But standard late-onset Alzheimer's, on the other hand, is in many cases preventable or at least postponable, he says. "If you do the right things today, you can even develop plaques and tangles in your 70s and never have symptoms of Alzheimer's." You won't know the disease is there.

hat drives middle-aged people like me to clinics like Fotuhi's: those mild to major memory gaps

that make us fear we're slowly going crazy. Most of us turn out not to have dementia but, rather, to be stressed out, hormonally screwy, or even just paralyzed by fear of forgetting. We

If you do the right things today, you can develop the plagues and tangles of Alzheimer's in your 70s and never show symptoms.

> do all have shrinking hippocampi, however, and Fotuhi will ferret out the main exacerbating reasons for this before recommending a plan to reverse or slow the problem. Cognitive decline is cognitive decline; it all leads

The Never-Get-Alzheimer's Rx

Exercise, a good diet, and mental challenges are great for your brain individually. Together? They'll make you unstoppable, at least according to animal studies. Here, ranked from most-research-backed to least, are the things to focus on.

#1 Exercise 3 hours a

week. You've experienced it yourself on a mind-clearing walk: Moving your body is freaking great for your brain, both now and years from now. Majid Fotuhi of NeurExpand recommends keeping your heart rate up for at least 20 minutes at a time. In one study, people who increased their three weekly walks from 10 to 40 minutes expanded their hippocampi by 2% after a year—the equivalent of getting 2 to 4 years younger above the neck. Exercise increases levels of brain-derived neurotrophic factor (BDNF), a protein

#2 Meditate 10 minutes a day. Too much cor-

tisol is hippocampal poison. Basic mindful meditation is an effective weapon against it (as is exercise). Fotuhi trains his patients to start with a simple 5-5-5 routine: Sit up straight, close your eyes, and inhale slowly for a count of 5, then exhale for a count of 5. Do this for 5 minutes. Stay with the count and the movement of your breath, even if your mind wanders. Practice this twice a day—or, if you're stressed all the time, three or four times daily.



3 Get 1,500 mg of omega-3s daily. People who have higher levels of DHA and EPA (found in fatty fish) also have (surprise!) larger

#4 Memorize something every day.

Growing your brain might not be as simple as signing up for Lumosity—in fact, Fotuhi substantially expanded their hippocampi gle (which is essentially memorization of learning a new skill or language.



somewhere bad if it can't be reversed. and everyone wins if it can.

Take Pascale Meraldi, a landscaper in Baltimore, who thought she was developing early-onset Alzheimer's at 51. "When I would try to speak, I couldn't recall words," she says. "I thought I was losing my mind." Fotuhi's read: She was distractingly busy and deeply stressed – and poisoning her hippocampi with cortisol overload.

A basic brain plan for a patient like Meraldi is to identify all the treatable causes of her memory loss and then tailor a set of interventions that involve exercise, diet, and mental stimulation. There are also calming treatments like meditation, neurofeedback, and counseling coupled with memory training. But one of the best ways to ease patients' anxiety is to show them that their memories are actually fine. "In five or six sessions, patients haven't changed their brains yet," Fotuhi says, "but they have just learned how to use the capacity they already have. When they memorize 100 things, they're thrilled, and their fear of Alzheimer's has vanished. And they've started to add synapses to their hippocampi." Meraldi finished her customized 12-week plan in January. "I feel like my brain had been torqued out of shape and they straightened it out," she says. "I was very surprised - I never thought I'd get better to this extent."

"We do have more control over this than we realize," says Gary Small, director of the UCLA Longevity Center at the Semel Institute for

Neuroscience and Human Behavior. "It doesn't happen overnight, but with simple techniques, you can see rapid improvement in cognitive function."

Fotuhi puts it more bluntly: "At age 50, people should have a brain health exam just like they would have a colonoscopy. We're going to have a tsunami of people with Alzheimer's as the population gets older, and research suggests we can prevent more than a million new cases just by strengthening the hippocampi. We should be talking about this in the media every day."

uring my trip to the NeurExpand center, they map my brain with an EEG, teach me how to meditate, and run me through test after test of mental agility and shortterm memory. Shapes. Words. Cards. Colors. I do OK, but I also feel the limitations of my brain - as in, I should be quicker but can't be. Fotuhi's patients

Neurologists are still saying, "I'm so sorry, you have Alzheimer's. Here's some Aricept," Fotuhi says.

all run this gauntlet, including intense cardio on a stationary bike to test oxygen consumption (VO2 max) and an ultrasound of vessels in the neck to check blood flow. He wants to get your baseline of mental and physical ability before he formulates a 3-month "brain fitness" program designed to turn

your mind around. There are currently three NeurExpand centers, located in Lutherville and Columbia, MD, as well as DC. It's Fotuhi's vision to have them dot the country.

The incredible decades-old discovery that underlies his program: While the hippocampi may shrink (and already have for most of Fotuhi's patients), they can also expand quite easily. By now, a raft of research has shown that in response to healthy behaviors, the brain can react like an exercised muscle, growing bigger and stronger, at any age. This is central to Fotuhi's work. since research has established that people with bigger hippocampi tend to have a lower risk of dementia.

The connection makes neurobiological sense: Enlarging certain brain regions means increasing brain cells (neurons), which have more branches (dendrites) and more contact points with other neurons (synapses). Our brains produce about 400 new neurons a day, but to be incorporated into our gray

> matter, they have to develop attachments to other neurons there. That's what enlarges the hippocampi and adds to what scientists call your cognitive reserve - the surplus of neurons,

dendrites, and synapses that might one day compensate for those that become compromised, in much the same way active people with heart disease can grow blood vessels that provide a "natural bypass" around clogged arteries.

"Cognitive reserve may not really protect against the Alzheimer's disease

TO GROW YOUR HIPPOCAMPI, Do This Memory Trick for 20 Minutes Every Other Day

Pick up a regular deck of cards.

Deal yourself a card faceup and note it.
Place another card faceup on top of it.
Now name the first card aloud. Cover the second card with a third faceup. Name

the second card. Get it? Do the deck.

When that's too easy, again deal a card faceup, note it, and cover it with another card faceup. But now deal a third faceup before naming the first card. Go from

there, naming the card two cards back after each new deal.

Every 4 weeks,

increase the number of cards you cover. If you can get up to 10 covered, you're an ace, says brain expert Majid Fotuhi.



NEVER FORGET Another Name

When you meet someone new. what are you fixated on?

YOURSELF: What kind of impression you're making, your handshake, if you are making eye contact or have spinach in your teeth. That's why the new acquaintance's name never gets locked in. You

can change that. Pick out one or two things about the person-a trait. where they're from (e.g., "Steve with the big beard is from Boston"). To keep his brain firing, neurologist Majid Fotuhi plays this game with himself whenever he lectures in front of a large group. He interacts with the audience and tries to memorize up

to 50 names—and usually succeeds. "Now I can't not do this trick when I meet someone one-on-one-I don't even have to try anymore," he says. "My wife, who always used to say she was bad at names, never forgets anymore, either. It makes people feel good, and we're building synapses in the process."

changes in the brain – amyloid plaques and tangles," says Reisa Sperling, professor of neurology at Harvard Medical School and director of the Center for Alzheimer's Research and Treatment at Brigham and Women's Hospital. "Rather, it just may allow people to work around their symptoms for longer."

While there has yet to be a study proving that groups of people who expanded their hippocampi had fewer dementia cases as a result, all the other fragments of Fotuhi's logic are in scientific place. Research shows that those who exercise, eat well, and have stimulated brains lower their incidence of dementia and grow larger hippocampi (aka more cognitive reserve). More cognitive reserve drives down Alzheimer's risk. One memorable study followed people until death and measured the

plaques and tangles in their brains postmortem. Of the people who had significant amounts of Alzheimer's plaques and tangles, a third had normal cognitive function when they died. And this group had, on average, larger hippocampal volume than the others.

"The hippocampus research may not be entirely there yet," says Small, who writes about these issues in his new book, 2 Weeks to a Younger Brain, "but, frankly, I don't want to wait 10 years for the studies. There's enough suggestive evidence to get started now."

Imagine the implications for treatment if having healthy sea horses could keep the Alzheimer's in our brains completely out of our lives. It would mean doctors and those who already have the disease would be able to reframe a diagnosis as a chance to slow their

decline. In unpublished research, Fotuhi found that the majority of patients who've taken part in NeurExpand's prescribed 3-month program saw measurable gains in hippocampus size and cognitive function. Many had come to him with symptoms of dementia.

"So often my patients have been told by other neurologists, 'I'm so sorry, it looks like you have Alzheimer's. Here's some Aricept," Fotuhi tells me. "That's

depressing and unfair.

"I saw a patient whose sister wanted me to confirm that she was not competent and needed to be put in a nursing home," he says. "She was 69 and forgetful and confused, and was basically watching TV all day every day. After she spent 3 months working with the brain fitness program team, the scans showed that her hippocampi had grown about 8.6%, which amounts to having reversed the age of her brain by about 17 years. Now she has improved so much, she wants to go back to work."

ccording to Fotuhi, I have one of the healthiest brains he's seen in a while. I'm relieved, as if I got a passing grade on a monster midterm. Maybe that's why, months later, I still haven't proceeded with what he recommended for me - a sleep study, for one. I snore, and Fotuhi says sleep apnea might be sucking the youth out of my brain every night. (A

host of chronic conditions, including sleep trouble, strangle the hippocampi.) Given my mild forgetfulness, Fotuhi also recommends memory exercises using playing cards (like the one on p. 109). Directly challenging my short-term memory, he promises, will help those baby neurons that my brain

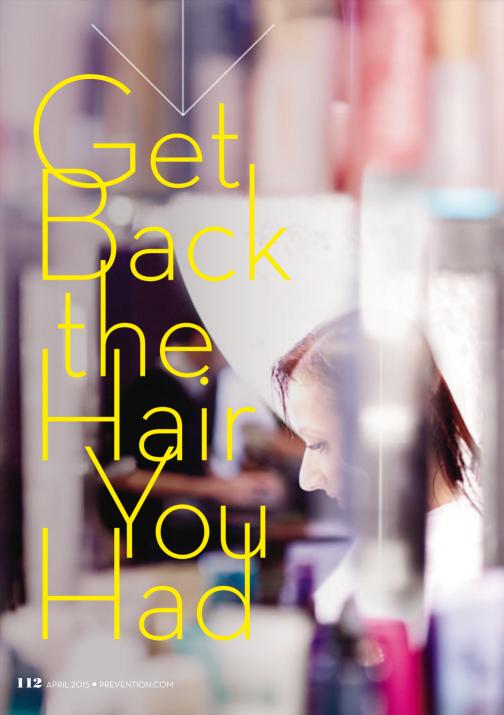
At age 50, people should have a brain health exam just like they would have a colonoscopy.

produces take hold and mature.

For a number of patients who did the training, NeurExpand followed up a year later. All maintained some increase in hippocampal size. Many slipped 10 to 20% but are still better off than they were at the start. "After 3 months, if you totally go back to your old lifestyle, chances are the benefits you've gained are lost," he says. "But if you do half, like with physical exercise, you'll maintain some of the improvement."

Fotuhi laments that his personalized approach to diagnosing and treating the underlying causes of memory problems hasn't become universal yet. Until brain checkups are as ubiquitous as colonoscopies, most of us will have to rely on the same one-size-fits-all set of techniques.

Yet what an opportunity even that blunt approach represents. If every one of us keeps our hippocampi robust, we collectively lessen the threat of lost marbles down the line. My friend Rick is just one of the millions of us who will like that future.







Fullness [ix #]

LAYER IT UNTIL YOU **LOVE IT**

Stylist Eva Scrivo, owner of Eva Scrivo Salons in New York City, cuts a layered bob to disguise the hairline's backward creep. Using a straight blade brings out hair's natural texture without creating frizz. To add body at the roots without sacrificing overall length, Scrivo likes to go an inch shorter at the back; that way, hair is less weighed down at the crown, while the sides and front remain long.





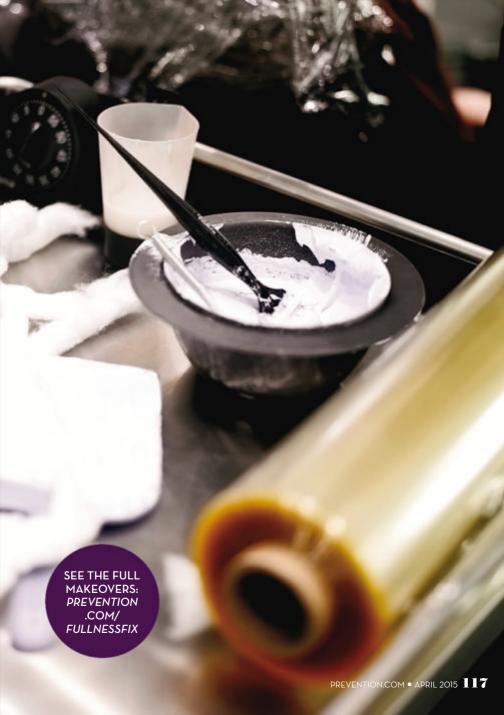




Fullness Fix **#2**

GO SIDESWEPT WITH THE FRINGE

Done well, bangs can take years off by camouflaging a lined forehead, but if they're too stiff or thin, they'll make hair look flatter and overall thinning more noticeable. Scrivo went for a thicker, longer bang, cut asymmetrically so it could be styled to the side, adding flippy, sexy waves where the formerly flat part was. Pro tip: Bangs' shortest point should hit just below the brow; the longest, just below the cheekbone.



You Didn't Get It from Your Bald Dad

... And four other little-known truths about hair loss

You can't predict it by looking at your parents or grandparents.

Hair loss is polygenetic, which means your fate is decided by a random assortment of genes from both immediate and extended relatives, says Nicole Rogers, a hair-transplant surgeon and boardcertified dermatologist based in New Orleans. So, while you're more likely to deal with thinning if it generally runs in your family, you can't blame Mom-or Dad.

Your hormones aren't actually haywire.

Many women nearing menopause assume out-of-whack hormones are at fault. The truth: If your follicles are simply extra sensitive to androgens-male hormones we all have-even perfectly normal levels can trigger a hair-depleting miniaturization process in the follicles, says Rogers. (It's impossible to tell if you're in that camp until your hair actually thins.) Naturally, messing with normal hormone levels via replacement therapy won't help.

Those gimmicky-looking light-up helmets really work.

Low-level laser therapy combs and caps, like the HairMax Ultima12 LaserComb (\$495) and iGrow helmet (\$695), can stop the progression of hair loss if you stick with it for 4 months and can stimulate

regrowth after a year, says Robert Leonard, a hair-restoration surgeon based in Cranston, RI. The devices emit light that ramps up hair cells' energy production so faltering follicles can grow. To max out your results. Leonard recommends combining light therapy with a topical minoxidil treatment.

Topica<u>l</u> treatments can cause facial hair.

Products with minoxidil are the gold standard of regrowth treatments but. alas, can bring on facial hair, especially if you're prone to growth on your face and are using a full-strength dose (5%). Since the drug gets absorbed systemically, the only way to avoid errant hairs is to use a product with a lower, 2% concentration. such as Pantene Hair Regrowth Treatment for Women (\$24). Dietary supplements may be worth a whirl, too. Beauty insiders vouch for Viviscal (\$50 for a 1-month supply) to coax your hair back to thick.

Instant fixes are better than ever.

Try a sprinkling of hair fibers like Keranique Fiber Instant-FX (\$40), tiny pigmented flecks that camouflage exposed scalp, or get a clip-in hairpiece. Both work well in the face of some of the worst scalp exposers: flash photography, bright sunlight, and strong winds.

Fullness -ix #3

LIGHTEN UP

If your hair is black or dark brown, switch to a medium-brown shade so roots don't contrast too starkly with scalp skin. On blondes, gray or white roots can still be mistaken for an extrawide part-try adding lighter highlights to blend. No matter what your hair color, request hand-painted highlights and lowlights, called balauage. These accents can fake dimension and shine, the hallmarks of thick, healthy hair.





This Kfast Looks Like

O Questions of what, when, and why to eat in the norting scramble 12. rere's an end to the confusion sunny side up.

so you can start every day sunny side up. Tore Gourstions of what, when, and why to eat in son what, when, and why to eat in son what summer son and why to eat in son what summer solves are end to the confusion when some solves are every day summer eve

BY MARYGRACE TAYLOR | PHOTOGRAPHS BY PHILIP FICKS

reakfast has a reputation as the most important meal of the day, vet it's also the one we're all most likely to skip. Completely contradictory, right? Part of the dichotomy has to do with our penchant for eating on the go. (Ever have a meal while talking on the phone and working on your laptop? Yeah, we thought so.) But there's another major reason so many of us forgo the morning meal: sheer confusion. Over the past decade, we've been barraged with endless contradictory drivel on what and when and even whether - the meal should be, making breakfast too irksome to even think about, let alone eat.

Well, it's time to stop the morning madness: We've pored over the recent research and asked top nutritionists what we really need to know about breakfast. So grab some coffee, free your toaster from storage, and get ready to break some eggs. Here's the striking truth about your morning meal.

YES, YOU NEED IT. Nutritionists have been going on for years about how eating breakfast helps stabilize blood sugar, revs metabolism, and can prevent you from devouring a whole box of cookies before lunch. But last vear, the idea of "breakfast for weight loss" was seriously slammed after two American Journal of Clinical Nutrition studies suggested that the meal has no effect on waist size. One study found that, because they were more

energized and active, breakfast eaters torched nearly 500 more calories than non-breakfast eaters. But - and it's a big but—they also consumed 500 more calories daily by eating breakfast in the first place, negating the effect. Another 4-month study yielded similar findings: Neither eating breakfast nor skipping it had any impact on people's weight, leading the study authors to conclude that breakfast was a matter of choice.

Eating breakfast curbs cravings throughout the day, lasting up to and after dinner

not necessity, for fat loss.

But those two studies don't overturn reams of earlier research showing that the morning meal - regardless of its effect on weight loss - hones cognitive performance, supplies extra energy for exercise (no matter what time of day you work out), and can help stave off type 2 diabetes, high cholesterol, and even heart disease.

And if weight loss is your goal? Breakfast will probably help with that, too. A brand-new study in the Annals of Nutrition and Metabolism revealed that when people breakfasted on oatmeal instead of consuming its caloric equivalent in sugared cornflakes or skipping the meal altogether, they took in 31% fewer calories at their next meal. What's more, there's tons of conclusive

evidence proving that breakfast does indeed control blood sugar - meaning if you eat it, you won't be tempted to scarf down those cookies, not just a few hours later but after dinner, too, when cravings can be intense.

Bottom line: If you think you're doing just fine, thank you, without breakfast,

If weight loss is your goal? Eating this way will probably help you with that, too.

try an experiment. "I have clients who never ate breakfast and never had a problem with hunger or cravings," says Erica Giovinazzo, a registered dietitian in Los Angeles. "But once they started eating it, they felt more aware and alert" - in a word, healthier. You undoubtedly will, too.

YOU SHOULD EAT MORE THAN YOU THINK. No, you can't just nibble on a banana and call it a meal. A banana has about 100 calories - and that's not enough to correct low blood sugar and keep vicious cravings from haunting you later in the day. Your breakfast should be about the same size, calorically, as your lunch or dinner, according to Keri Gans, a registered dietitian and the author of *The Small Change Diet*. For the average active woman in her 40s or 50s, that means around 400 calories for breakfast, 400 for lunch, 500 for dinner, as well as another 300 total for snacks, treats, and a glass of wine.

DERFECT BREAKFAST = SIMPLE

FORMULA. You've heard it before: Every meal should be a happy combo of high-fiber carbs, lean protein, and healthy fats. Here's exactly how that breaks down in the morning:

Make half your breakfast high-

fiber carbs like 2 slices of sprouted-grain toast and a medium orange, ½ cup of oatmeal with a sliced banana, 1 small sweet potato with ½ cup of

beans, or a smoothie made with a banana and 1 cup each of chopped kale and chopped strawberries. Fiber is superfilling and provides longlasting energy. Aim for about 50 g of fiber-rich carbs, suggests Gans.

- Add a shot of protein like 1 cup of fatfree Greek yogurt, 2 eggs, 3 ounces of smoked salmon, ½ cup of tofu, 4 slices of tempeh bacon, or a scoop of protein powder. Protein should make up about a quarter of your meal, or 25 g, to help keep you fuller longer, stabilize blood sugar, and blunt cravings.
- Finish with fat like 1 tablespoon of almond butter, 2 teaspoons of olive or flaxseed oil, or a quarter of an avocado. These healthy fats don't just make breakfast taste better but also give the meal some staying power in your stomach. Aim to make fat 20 to 25% of your calories, or about 10 g. Most of that should be mono- or polyunsaturated



fats, but 2 to 3 g of saturated fat, like that found in 2 eggs, is fine, too.

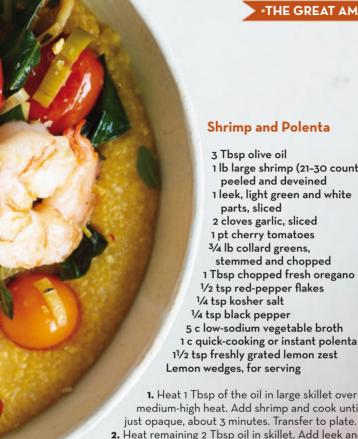
BREAKFAST MEANS MORNING. NOT AFTERNOON. You don't have to eat the minute you wake up, but try to get something in your stomach within an hour or two of rising. "When you wait too long, your

metabolism starts to slow down in an effort to conserve fuel," says Giovinazzo. You're also more likely to feel ravenous by midmorning.

And that's really the point: Fill up on a wholesome breakfast that follows our formula and you won't have room for the type of fare that used to sabotage your morning - processed cereals, bacon and sausage (often high in saturated fat and heart-unhealthy nitrites), packaged baked goods, and sugary instant oatmeal.

You don't have to rule out the sweet stuff completely. Just make it less than 5 g, a light pour. After all, there's nothing more satisfying than a teaspoon of honey on top of your toast or a drizzle of maple syrup on your oatmeal especially when you know breakfast is setting you up to eat less later on.





Shrimp and Polenta

3 Tbsp olive oil 1 lb large shrimp (21-30 count). peeled and deveined 1 leek, light green and white parts, sliced 2 cloves garlic, sliced 1 pt cherry tomatoes 3/4 lb collard greens. stemmed and chopped 1 Tbsp chopped fresh oregano 1/2 tsp red-pepper flakes 1/4 tsp kosher salt 1/4 tsp black pepper 5 c low-sodium vegetable broth 1 c quick-cooking or instant polenta 11/2 tsp freshly grated lemon zest Lemon wedges, for serving

medium-high heat. Add shrimp and cook until just opaque, about 3 minutes. Transfer to plate. 2. Heat remaining 2 Tbsp oil in skillet. Add leek and garlic and cook until soft, about 5 minutes. Add tomatoes, collards, oregano, red-pepper flakes, salt, and black pepper. Cook until tomatoes begin to burst, about 4 minutes. Stir in 1 cup of the broth and cook until vegetables are very tender and slightly reduced, about 5 minutes.

3. In medium saucepan, bring remaining 4 cups broth to a boil over high heat. Reduce heat to medium-low, whisk in polenta, and cook until thickened, 3 to 4 minutes. Stir in lemon zest. Add shrimp to vegetable mixture and reheat on stove top. Serve shrimp and vegetables over polenta with lemon wedges. Season with salt and black pepper to taste. Serves 4.

NUTRITION (per serving) 459 cal, 23 g pro, 64 g carb, 7 g fiber, 4 g sugars, 11.5 g fat, 1.5 g sat fat, 975 mg sodium

Artichoke, Sambal, and Herb Tart

3/4 c whole wheat flour

3/4 c all-purpose flour

4 Tbsp cold unsalted butter, diced

3/4 tsp kosher salt

4 Tbsp olive oil

6 lg eggs

1/2 c 1% or 2% milk

2 Tbsp heavy cream or half-and-half

1/2 tsp black pepper

1 jar (12 oz) marinated quartered artichoke hearts, drained

1/4 c torn fresh parsley

1/4 c crumbled goat cheese

2 Tbsp sambal (chile paste)

 In food processor, pulse flours, butter, and 1/2 tsp of the salt until coarse. Add oil and 2 Tbsp ice water. Pulse until ball forms; add more water if needed. Don't overmix. Wrap and chill 30 minutes.

> 2. Heat oven to 400°F. On floured surface, roll dough into 12" circle. Transfer to tart pan and prick. Bake until golden, 12 minutes.

3. In bowl, whisk eggs, milk, cream, pepper, and remaining 1/4 tsp salt. Lay artichokes, parsley, and cheese in shell. Add egg mixture and drizzle with sambal. Reduce oven to 325°F. Bake until set, 35 minutes. Serves 8.

NUTRITION (per serving) 304 cal, 10 g pro, 18 g carb, 2 g fiber, 2 g sugars, 20.5 g fat, 7.5 g sat fat, 460 mg sodium

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THE GREAT AMERICAN BREAKFAST

Spinach-Curry Crepes with Apple, Raisins, and Chickpeas

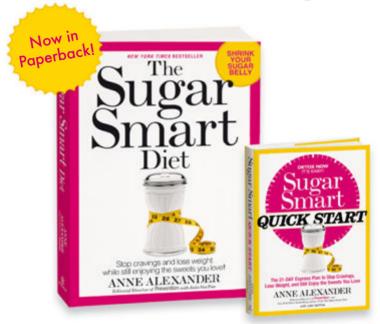
2 lg eggs 1/3 c finely chopped fresh cilantro 1/4 tsp black pepper 21/2 c 1% milk 1 c + 2 Tbsp all-purpose flour 3 Tbsp safflower oil 3/4 tsp kosher salt 1 sm yellow onion, chopped 1 can (15.5 oz) chickpeas, rinsed and drained 1 Granny Smith apple, diced 1/4 c golden raisins 4 tsp-2 Tbsp Madras curry powder 10 oz fresh spinach Lemon wedges, for serving

1 cup each of the milk and flour, 2 Tbsp of the oil, and 1/4 tsp of the salt. Lightly coat 10" nonstick skillet with cooking spray and heat over medium heat. Pour 1/3 cup batter into pan evenly and cook until edges set. 1 minute. Flip and cook 30 seconds. Repeat for remaining crepes. Cover to keep warm. 2. Heat remaining 1 Tbsp oil in skillet over medium heat. Add onion and cook until soft. 5 minutes, Add chickpeas, apple, raisins, and curry powder. Cook 3 minutes. Stir in remaining 2 Tbsp flour and cook 30 seconds. Stir in remaining 11/2 cups milk. Cook until thick, 2 minutes, Add spinach and remaining 1/2 tsp salt. Cook until wilted, 2 minutes. Divide among crepes, fold each in half, and serve with lemon wedges. Serves 6.

NUTRITION (per serving)



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NUTRITION (per serving) 194 cal, 9 g pro 22 g carb, 2 g fiber, 4 g sugars, 8 g fat, 2 g sat fat, 517 mg sodium